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Airline resumes flights after deadly crash

OPERATIONS The airline company operating the Grumman Goose floatplane that crashed last weekend on Thormanby Island near Sechelt resumed flights yesterday morning.

Following the Sunday morning crash that took the lives of seven people, Pacific Coastal Airlines voluntarily suspended all flight operations until the company could debrief its employees.

"Pacific Coastal Airlines will be doing everything possible to assist the Transportation Safety Board in their investigation in order to determine the cause of this tragic event," said company spokesman Spencer Smith in a written statement.

The flight was chartered by Peter Kiewit Sons Co. and Plutonic Power Corporation and was bound for a hydroelectric project site on Toba Inlet.

Autopsies on the seven bodies were set to begin yesterday in Vancouver.

In August, a similar plane also flown by Pacific Coastal Airlines went down on northern Vancouver Island. Five of the seven passengers died in the crash.

MARIA COOTAUCO
/FOR METRO VANCOUVER

Gift Guide pgs 17-24

Everyone is talking Elmo

Please recycle

CHRIS WATTIE/REUTERS

Gov. Gen. Michaëlle Jean delivers the speech from the throne yesterday on Parliament Hill. The speech outlined plans to deal with the current economic crisis. More coverage, page 8

Deficits possible

Tories say safety over surplus

Warning of the potential for short-term deficits and government belt-tightening, Prime Minister Stephen Harper's Conservatives yesterday unveiled a throne speech it says copes with "extraordinary" financial challenges.

"This is a time of unprecedented extraordinary global economic challenge and uncertainty," Gov. Gen. Michaëlle Jean said as she read the speech in the Senate.

But despite the grim news, the speech was vague on government help for hard-hit sectors, such as auto manufacturers. And Finance Minister Jim Flaherty made clear that a stimulus package to kick-start the economy is still months away.

"It certainly will not be in the fall economic update. It's not a mini-budget, it's an update," he said.

But Flaherty didn't rule out new measures to rescue the economy eventually. "If it means that we would run a (budget) deficit, we'll run a deficit, because the purpose here is to manage the economy effectively for Canadian families, not to artificially create a small surplus."

The throne speech did promise to speed up infrastructure funding to get some $3 billion in projects now tied up in red tape built "as soon as possible."

NDP Leader Jack Layton said the speech failed to "capture the great difficulties many families are facing."

"Canadians were expecting some bold and significant action with regard to this urgent economic crisis," said Layton. His party will be opposing the throne speech.

The throne speech touched on topics such as the Conservatives' law-and-order agenda and energy policy. But it made clear the priority for coming months would be the economic downturn.

TORSTAR NEWS SERVICE

Robberies 'everyday occurrence': Surrey business owner

MONICA MARTINEZ
for Metro Vancouver

CRIME The recent series of armed robberies in Surrey's northeast that left two men in hospital with gunshot wounds is nothing out of the ordinary, say business owners nearby.

"(Robberies) around here are an everyday occurrence," said Robert Brad Juckes, owner of Blackwell Distributors, an automotive parts supply company located a block from the gas-station shooting.

"At 50 years old, why do I have to come down with a baseball bat to protect my property? I'm too old for this. That is the job of a police officer."

On Monday night, a man entered a Surrey gas station and shot two workers, a 19-year-old man and his 70-year-old father, in the stomach when they reacted.

While the younger victim is recovering, his father is in an induced coma and had a second surgery yesterday.

The shooter is also a suspect in five other robberies in the same area that occurred over a 24-hour period before the shootings.

Juckes said his frustration led him to write a letter to a Surrey RCMP officer on Aug. 22. Police responded by hearing the crime concerns of 28 local business owners two months ago, but nothing has changed, according to Juckes.

For Arash Askarian, owner of Legacy Cars, the biggest problem is that police are short staffed. He thinks it would help if Surrey had its own police force.

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New 180-bed hostel underway in Whistler
A new 180-bed hostel is under construction on Alta Lake in Whistler and is expected to be open by the 2010 Games. It will be used by VANOC during the Olympics. The lake's current hostel sleeps 25 guests. METRO VANCOUVER

Local

New Kids back to old tricks

After a 14-year-hiatus, '80s boy band New Kids On The Block are back on tour and will be performing tomorrow night at GM Place. They performed last night in Calgary.
METRO VANCOUVER

NDP MLAs sworn in

POLITICS Two of Vancouver's newest NDP MLAs were sworn in yesterday, a day ahead of a brief fall session.

Premier Gordon Campbell had cancelled the fall sitting of the legislature, but reconvened today to focus on legislation aimed at insulating B.C. from the world economic crisis.

Joining the NDP, which criticized the Liberals for cancelling the fall session, are Jenn McGinn, the new MLA for Vancouver-Fairview, who will be the critic for Community Living B.C. and Spencer Herbert, the new MLA for Vancouver-Burrard, who will be the Arts and Culture critic.

McGinn and Herbert were elected in two recent byelections, which were called after Liberal Lorne Mayencourt and New Democrat Gregor Robertson resigned to seek other political opportunities.

They gave the NDP 34 seats in the legislature. The Liberals hold 45 seats.

KRISTEN THOMPSON/METRO VANCOUVER

'I'll be the same person'

Arassay Reyes 'won't change' despite dance-show fame

MONICA MARTINEZ
for Metro Vancouver

Tonight, local fans of So You Think You Can Dance Canada will be holding their collective breaths in anticipation of whether Surrey's Arassay Reyes, 21, will be one of the final six contestants on the hit reality show.

Even if Reyes is one of the two people who don't make it, it's still quite an accomplishment for the dancer who arrived in Canada from Cuba in January.

"My dad gave me the option to live here, to see if I like it better," Reyes said.

"I found it very cold, but I like it. There are so many opportunities here to try new things."

Reyes said she watched the American version of So You Think You Can Dance and loved it.

When her stepmother told her there was a Canadian version of the show, Reyes said she immediately wanted to try out.

PHOTO COURTESY OF CTV

Arassay Reyes and Vincent Noiseaux dance during a disco performance on So You Think You Can Dance Canada last week.

"I never imagined that I could make it," she said. "I was in shock and then felt so many emotions at once."

Reyes began dancing at age eight before moving on to Cuba's national art school for six years. She then joined Cuba's Contemporary Dance Company, where she performed across that country for three years.

Today, she is also famous across Canada.

"I'll be the same person," she said. "I'm working hard in my career but at the core, I won't change."

Show goes on

- When the competition ends, the top 10 dancers will tour Canada for four weeks, including a Vancouver performance at GM Place on Jan. 30. Tickets go on sale Saturday.

ShareYourViews
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News in brief

RCMP A contract between RCMP and a cruise-ship firm to house security personnel during the 2010 Games has been terminated, RCMP said, as they "were unable to come to terms on elements of the contract."

LAWSUIT Five female inmates at Alouette Correctional Centre in Maple Ridge are suing the province for cutting a program that lets them care for their infants, news1130.com reports.
METRO NEWS SERVICES

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What's online today.

Watch as a Vietnamese boy gets first surgery to remove a large facial growth at **metronews.ca /world**

Watch Justin Trudeau's nostalgic return to Parliament Hill at **metro news.ca/canada**

Lotteries

Lotto 6/49	24, 28, 34, 38, 44 & 45 Bonus 35
BC 49	2, 6, 7, 15, 41 & 48 Bonus 1
Extra	12, 14, 73, 84

These results are not official.

May brings book launch to city gallery

Green Party Leader Elizabeth May will be in Vancouver tomorrow for the B.C. launch of her new book Global Warming For Dummies. She'll be signing books at the Diane Farris Gallery on West 7th Avenue at 7 p.m. METRO NEWS SERVICES

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Drink in the calories

20 per cent of Canadians' intake from beverages

MARIA COOTAUCO
for Metro Vancouver

Beverages account for about 20 per cent of a Canadian adult's daily caloric intake and decrease as people get older, according to a Statistics Canada survey released yesterday.

On average, adults between 19 and 30 years old consume about 11 cups of liquid everyday — most of it water, followed by soft drinks for men and coffee for women.

Canadians 70 and older drink less, taking in only 12 per cent of their daily calories through drinks,

When it comes to coffee, 19- to 30-year-olds drink about one cup a day, but that increases to two cups a day for men and 1.5 cups for women aged 31 to 50.

For Vancouver-based dietician Asia Peters, coffee in moderation is not necessarily a bad thing. In fact, coffee has antioxidant benefits similar to those found in black and green tea.

"My problem with coffee drinkers is what they put in it," she said. "It's not so much the coffee itself but are they putting a bunch of cream and sugar in there?"

Peters suggests following a cup of coffee with a cup of water to counteract its dehydrating effects.

As 22-year-old Tavish White walked around Yaletown yesterday with a grande Americano coffee in hand, dehydration was the furthest thing from his mind.

"I drink four litres of water if I'm working," he said. "When I'm not working, probably, like, two."

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Gender not a factor in ski-jumping decision: IOC

KRISTEN THOMPSON
kristen.thompson@metronews.ca

The International Olympic Committee again defended its decision to keep women's ski jumping out of the 2010 Olympics, saying yesterday it's inappropriate to suggest gender discrimination plays any role.

Emmanuelle Moreau, the IOC's media relations manager, said the decision not to include women's ski jumping has been taken purely on technical merit, CBC News Online reports.

He added that suggesting this is a matter of gender equality is misleading.

The IOC voted in 2006 to exclude women's ski jumping from the 2010 Games, saying there wouldn't be enough athletes and they wouldn't have participated in enough world championships beforehand.

Deedee Corradini, president of Women's Ski Jumping USA, said with 99 women ski jumpers from 15 countries in the 200-08 elite level tour, the sport meets the requirements.

On Tuesday, the lawyer representing 10 women ski jumpers suing the Games' organizing committee for excluding them from 2010 announced their case will be heard in B.C. Supreme Court on April 20.

Olympic Charter

- In 1991, the Olympic Charter was amended to state that any new event had to include a men's and women's component.

News in brief

ELECTION Official results for the Vancouver civic election were released yesterday. Of 403,663 registered voters, 124,285 voted, a turnout rate of 30.8 per cent. In 2005, the turnout rate was 32 per cent.

POLITICS Vision Vancouver has produced its transition strategy for how to take over city hall when mayor-elect Gregor Robertson swears in on Dec. 8, cknw.com reports.

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Employer makes it easier to bike to work
Science World is encouraging employees to cycle to work by offering a bike-repair station on site. It will have a pump, tools, instructions and a staff member to help out. **NEWS1130.COM**

Transit police seek assault victim

MONICA MARTINEZ
for Metro Vancouver

Transit police are looking for a young Asian woman who was allegedly sexually assaulted on the SkyTrain.

According to police, a man in his late 50s sitting next to the girl grabbed her thigh with one hand and placed his other hand up her skirt as she stood up to get off at the Production Way stop on Tuesday at 3:50 p.m.

Another passenger, a 38-year-old man, grabbed the suspect and hauled him off the train until transit police arrived.

The suspect, who does not have a prior record, is being investigated for sexual assault.

The young woman, believed to be 12 to 15 years old, did not get off the SkyTrain, leaving police to review surveillance video in the hopes of locating her.

Anyone with information on the victim is asked to call transit police at 604-515-8300.

Man mauled by bear

GRIZZLY A Port Alberni man is in hospital in critical condition after being attacked by a grizzly bear yesterday.

The man was working in an isolated area in Mereworth Sound, which is on the mainland northwest of Vancouver Island, when the attack happened.

He was airlifted to Port Hardy Hospital and transferred from there to another hospital on the Island.

Conservation officers are trying to track down the bear. **METRO VANCOUVER**

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No rooftop patio view for Yaletown hotel

COUNCIL Vancouver city council has rejected a rezoning application that would have allowed the upscale Opus Hotel in Yaletown to build a rooftop patio restaurant.

After a string of public hearings and feedback from residents in the area, councillors voted 5-2 against the proposal.

Coun. David Cadman said allowing one building to have a rooftop restaurant could open the floodgates to people wanting rooftop venues at their buildings.

Citing a lack of policy guidelines, council members asked city staff to come up with a plan to address commercial venues conflicting with residential housing.

METRO VANCOUVER

ShareYourViews
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College exchange student missing

INFORMATION Police in Surrey are asking for public help to find out what happened to a missing Kwantlen College student.

Sahil Charma

Sahil Charma, 20, an exchange student from India who was living with family, disappeared on Nov. 13 after leaving campus.

METRO VANCOUVER

News in brief

DEMONSTRATION Protesters rallied in Fort Langley yesterday to keep the Albion Ferry running after the Golden Ears Bridge opens next summer, news1130.com reports. It will cost $4 to take the bridge to Maple Ridge while the ferry, albeit slower, is free. **METRO NEWS SERVICES**

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Orchard Park Mall (Kelowna)
Spall Plaza (Kelowna)
Cherry Lane Shopping Centre (Penticton)
Pine Centre (Prince George)
Piccadilly Mall (Salmon Arm)
Village Green Mall (Vernon)

Whistler
7009 Nesters Rd.

Squamish
38116 2nd Ave.

Getting the lead out

Lead levels in most Canadians have dropped dramatically, but federal officials have no idea if the toxic metal is in young children. The number of Canadians with potentially dangerous levels of lead in their blood has dropped from 25 per cent in 1978 to less than one per cent. TORSTAR NEWS SERVICE

Canada

Cauchon stays out of race

Martin Cauchon, left, who as federal minister of justice lobbied for legalization of same-sex marriage and decriminalization of marijuana, has decided to stay out of the Liberal leadership race. The 46-year-old said yesterday that the prospect of taking on a heavy debt was the biggest factor in his decision. METRO NEWS SERVICES

Conservatives to work for continental cap-and-trade

The Conservative government, shifting positions in the wake of Barack Obama's election as U.S. president, said yesterday that it would work to develop a North America-wide cap-and-trade system to limit emissions of greenhouse gases.

"We will work with the provincial governments and our partners to develop and implement a North America-wide cap-and-trade system for greenhouse gases," the government said as it unveiled plans for the new session of Parliament.

Obama favours much tougher greenhouse-gas reduction targets than those set by the Conservatives, and says he will start a cap-and-trade system.

Environment Minister Jim Prentice told reporters that Canada's policy in part reflected Obama's election.

Green groups said the new positioning is largely academic, as Canada would likely go along with whatever approach the new U.S. administration takes.

"I think we will be forced into a North American-wide cap-and-trade system that will basically be dictated by Washington … We've got an integrated economy," said Stephen Hazell of Sierra Club Canada. REUTERS

Throne speech priorities

- Pushing for a single securities regulator to strengthen financial oversight.
- Providing "further support" for the automotive and aerospace industries.
- For workers losing their jobs, the government "will ensure that existing programs and services are as effective as possible in meeting the needs of Canadians."
- Keeping federal spending under control and focused on results.
- A pledge to increase international aid and promote democracy. TORSTAR NEWS SERVICE

Watch Justin Trudeau's nostalgic return to Parliament Hill at metronews.ca/Canada

Images shake Steinke jurors

CALGARY Jurors in the Jeremy Steinke triple-murder trial yesterday had to sift through 200 of the 2,000 images the officer took during the 2006 investigation.

Many of the photos were images of the home in which the family was killed. Some jurors were visibly emotional while viewing the evidence.

Steinke, 25, is charged with three counts of first-degree murder in the Medicine Hat, Alta. deaths. METRO CANADA

Alberta rolls back oil royalties

RESOURCES Alberta's government has decided to take a page from Wal-Mart by rolling back its royalty rates in order to get more energy companies to keep on drilling — a move expected to save the industry up to $1.8 billion over the next five years.

Premier Ed Stelmach says the province needs to take urgent action to encourage companies to continue drilling. JEFF CUMMINGS/METRO CANADA

Calgary **The latest in food wear**

ROBIN KUNISKI/FOR METRO CANADA

Courtney Murphy wears a Paul Hardy-designed chocolate dress featuring Bernard Callebaut chocolate. The dress was created for a Paris chocolate fashion show and the Bernard Callebaut Chocolate's 25th anniversary celebration.

Boreal plan could be exported, scientists say

CLIMATE Politicians actually listened when experts told them to protect Canada's boreal forest, a potent weapon against global warming, and the plan for this vast green area could work on some of the world's other vital places, scientists have told Reuters.

Bigger than the Amazon and better than almost anywhere else on the planet at keeping carbon out of the atmosphere, the boreal forest stretches across 1.4 billion acres from Newfoundland to Alaska.

More importantly, the boreal is in good condition, and the scientists' plan aims to keep it that way.

"There's not a lot of these really big chunks of ecosystem left," Stuart Pimm, a conservation biologist at Duke University, said in an interview.

"So we understand that were we to destroy this, the consequences would be vast … especially at a time when 20 per cent of global carbon emissions come from deforestation." REUTERS

News in brief

POLITICS The Liberal Party said yesterday it would not defeat the minority Conservative government. The Bloc Quebecois and the New Democrats said they would vote against the throne speech, but Liberal leader Stéphane Dion said it would be irresponsible to force another election now.

HEALTH Winnipeg Regional Health Authority is changing how patients who come into the emergency department are registered and monitored, CBC News Online reports. The move comes following the death of a man who sat 34 hours in a waiting room earlier this fall.

BODY FOUND Police in the eastern Ontario city of Belleville are investigating after one officer apparently committed suicide inside a police station yesterday morning. Reports say that Mike Eby, 51, appears to have shot himself to death. An autopsy is scheduled for today.

MURDER Toronto police have launched a "large scale" murder investigation after finding as many as four dead bodies in a home in the suburb of Scarborough, a police spokesman said yesterday. Police found the bodies after responding to a call about a suspicious incident. METRO NEWS SERVICES

The Cheer is Here.

It's that Red Cup time of year again. When we welcome the cold, as long as we've got something warm to hold on to. When we watch hokey old movies we've basically memorized, and even so, we still cry at the end. When even the most jaded and cynical start seeing the world in new, blinking lights.

Peppermint Mocha Twist | Espresso Truffle | Gingersnap Latte

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Metropolis at Metrotown
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3 - 13634 – 104th Avenue
12845 – 96th Avenue

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Biblical remains unearthed?
An Israeli archaeologist said on yesterday he had unearthed what he believed were the 2,000-year-old remains of two tombs which had held a wife and daughter-in-law of the biblical King Herod. REUTERS

World

Cybercrimes

Internet crimes, such as computer spying, money-laundering and identity theft, are likely to wreak as much havoc as the credit crisis in the coming years if international regulation is not improved, experts said yesterday. REUTERS

'Forced wedding' manual created for Paris officials

FRANCE The Paris City Hall launched a manual on forced marriages yesterday to help officials spot young women being coerced into matrimony.

An estimated 70,000 teenage girls living in France are victims or potential victims of forced marriages, many of them from immigrant families.

Causes can vary widely, from cultural and religious factors to the will of immigrant parents to "protect" their daughters from relationships with men from other communities.

The new manual, a 32-page book that will be distributed to officials, lists clues that can arouse suspicions. The law allows officials to interview the couple to determine if they both wish to be married.

REUTERS

Watch as a Vietnamese boy gets first surgery to remove a large facial growth at metronews.ca/world

Britain **One fat cat**

REUTERS / PDSA / HANDOUT

Veterinary charity PDSA nurse Jennie Keen is seen holding Tinks, a 13-year-old cat, in this undated photograph received in London yesterday. Eight of Britain's most overweight pets are to embark on a 100-day diet and fitness regimen in a bid to be crowned this year's pet fit club champion.

Scribe's murder trial shut

Family, journalists, demand transparency

Colleagues of murdered Russian reporter Anna Politkovskaya accused the government of a coverup yesterday after a judge barred the public from the trial of three men accused of helping kill her.

Politkovskaya was shot dead two years ago, raising questions about Russia's commitment to freedom of speech.

Judge Yevgeny Zubov announced he was overturning his own earlier ruling that the trial be public, saying jurors had refused to enter the courtroom if reporters were present, lawyers for Politkovskaya's family said afterwards.

Dmitry Muratov, editor-in-chief of the newspaper where Politkovskaya worked, said the decision was a breach of justice intended to cover facts about how Russian law enforcement agencies operate.

Politkovskaya, a 48-year-old mother who had reported on human rights abuses, was shot dead on Oct. 7, 2006, outside her flat. Three men are charged with acting as accomplices in her murder.

But her family says the investigation is incomplete because the man suspected of pulling the trigger is on the run. And so far, no one has been charged with organizing the killing of the Russian reporter.

"I want this process to be open as I consider that journalists and society should be present during the process to be independent arbiters," said Politkovskaya's son Ilya, "to listen and to judge what is going on in an unbiased way."

"For me, it is very important that this process should be open," he told Reuters outside the courtroom. Paris-based Reporters Without Borders criticized the decision to hold the trial behind closed doors.

"It is exactly what we were fearing could happen," said Elsa Vidal, who covers Russia for the press freedom group.

"Every organization in the case was expecting Russia to try and escape this kind of transparency."

REUTERS

Putin to return as president?

• The United Russia party meets today against a backdrop of fevered speculation that Vladimir Putin, the former president, may be preparing for comeback to the Kremlin. The congress gives a platform for Putin, now prime minister, to re-assert his status as Russia's most popular politician.

India destroys pirate ship from Somalia, tanker owners in talks

PIRATES An Indian warship destroyed a pirate ship in the Gulf of Aden and gunmen from Somalia seized two more vessels despite a large international naval presence off their lawless country.

The buccaneers have taken a Thai fishing boat, a Greek bulk carrier and a Hong Kong-flagged ship heading to Iran since Saturday's spectacular capture of a Saudi supertanker carrying $100 million of oil, the biggest ship hijacked in history.

Saudi Arabia said the supertanker's owners were in talks over a possible ransom, despite official reservations about negotiations with hijackers. Iran said it was seeking contact with the Hong Kong ship it had chartered to import grain.

The explosion of piracy off Somalia this year has driven up insurance costs and made some shipping companies divert around South Africa.

"The pirates are sending out a message to the world that 'we can do what we want, we can think the unthinkable, do the unexpected,'" Andrew Mwangura, coordinator of the East African Seafarers' Assistance Programme, said in Mombasa.

REUTERS

Al Qaeda says Obama is 'hypocritical', urges attacks on United States

Al Qaeda's second-in-command urged Muslims to keep up attacks on the "criminal" United States and criticized U.S. president-elect Barack Obama for promising to back Israel.

The U.S. Homeland Security Department said the message by Ayman al-Zawahri, the first al Qaeda comment on Obama's election, held no indications of an increased threat to the U.S. homeland.

"You represent the direct opposite of honourable black Americans like ... Malcolm X."
Al Qaeda to Obama

Zawahri also warned Obama of failure should he pursue the policies of President George W. Bush, according to an audio tape posted on Islamist websites yesterday.

The Egyptian militant also criticized Obama, born to a Muslim Kenyan father, for what he described as turning his back on his Muslim roots.

"You represent the direct opposite of honourable black Americans like ... Malcolm X," Zawahri said on the tape, which included video footage of Malcolm X.

"The Muslim nation received with extreme bitterness your hypocritical ... stance towards Israel," he said.

An Obama spokeswoman in Washington said the president-elect's office was not planning to comment.

REUTERS

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YAHOO! CANADA LIFESTYLE
Everything about life, updated every day.

How to choose your new 'do

Changing your hairstyle doesn't have to turn into a hair-raising experience – just make sure you follow a few simple styling rules.

When it's time for a new hairstyle, it's important for the cut and length to fit the shape of your face and your own personal style. Here are some tricks to finding the right 'do for you.

Those with round faces should keep their locks relatively long, mid-neck or longer, and height on top to lengthen the face. Fullness on the sides will have the opposite effect and make your face appear shorter.

As for long, slender faces, blunt (equal length) cuts can be very interesting. Try an ear-length haircut with more volume on the sides to make your face look fuller. Bangs will shorten the length of your face and add an element of softness.

(continued online...)

To read more, visit lifestyle.yahoo.ca

News in brief

SCIENCE Researchers have sequenced the gene map of a long-extinct woolly mammoth, using DNA taken from its hair. They found evidence of inbreeding, which may explain their extinction.

REUTERS

VURM 4-bottle wine rack
$14.99

VURM 4-bottle wine rack $14.99. Stainless steel. Can be placed on its back or hung on the wall. W12×D10×H45cm.

SODA cocktail glasses $12.99/6pk. Glass. Dishwasher-safe. 15cl. H14cm.

BJURSTA sideboard $279. Birch veneer. 2 smooth running drawers. 2 adjustable shelves. W155×D40×H68cm. RA.

SVALKA champagne glasses $6.99/6pk. Glass. Dishwasher-safe. 15cl. H22cm.

GROGGY tray $14.99. Stainless steel. Dishwasher-safe. Ø38cm.

Cheers. Cheers. Cheers.
Cheers. Cheers. Cheers.

IKEA 365+ serving platter, 3 tiers
$16.99

IKEA 365+ serving platter, 3 tiers $16.99. Glass, stainless steel. Detachable plates. Dishwasher-safe. L31×W27×H34cm. RA.

SVALKA white or red wine glasses

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was $4.99/6pk

NEW LOWER PRICE
SNUDDA lazy susan
$7.99
was ~~$9.99~~

SNUDDA lazy susan $7.99 was ~~$9.99~~. Clear lacquered solid birch. Ø39cm.

FANTASTISK white paper napkins
$3.99/100pk

FANTASTISK napkin holder $2.99. Transparent plastic. **FANTASTISK paper napkins.** 3-ply. Chlorine-free bleached paper. L40×W40cm. **White $3.99/100pk. Assorted colours $2.99/50pk.**

NEW LOWER PRICE
BJURSTA glass-door cabinet
$299
was ~~$369~~

BJURSTA glass-door cabinet $299 was ~~$369~~. Birch veneer. Tempered glass doors. 4 adjustable glass shelves. W80×D40×H190cm. RA.

4 days only! November 20 – 23

SVALKA white or red wine glasses $1.99/6pk was ~~$4.99~~/6pk. Glass. Dishwasher-safe. H18cm. White wine 25cl. Red wine 30cl. **LIMIT 4 PER CUSTOMER.** While supplies last. No rain checks.

IKEA 365+ serving plate $14.99. Clear lacquered solid birch veneer. L42×W22cm.

UTBY bar table $175. White. Table top in a durable melamine finish. Stainless steel frame. Adjustable legs. Seats 2. L75×W75×H105cm. RA. **FRANKLIN bar stool with backrest $32.99/ea.** White/silver colour. Folds flat. Foot rest for extra seating comfort. W50×D40×H103cm. RA.

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Comment & Views

Comment

Hillary hazard ahead

Obama better off without Clinton in cabinet

Home&Abroad

Andrew Cohen

Canada & world insight

Hillary Rodham Clinton for secretary of state of the United States of America?

If the reports are correct, Barack Obama is preparing to name Clinton, the most popular woman in the country, to the most senior position in his cabinet.

But if Obama has decided to appoint Clinton, he should reconsider. And if Clinton has decided to accept, she should reconsider. For both, the appointment would be a mistake.

If Obama really wanted Clinton in his White House, he could have made her his vice-president last August. He did not choose her because they had no personal chemistry and because she would have contradicted his mantra of change. She is the Washington insider; he is not.

Many thought Obama was wrong. They said that because Clinton had won 18 million votes in the primaries and caucuses — almost as many as he did — he had to appoint her as VP or risk alienating fellow Democrats.

They warned that rejecting her would drive her loyalists into the arms of John McCain. That fear was groundless — her supporters were never going to vote for the Republican ticket, especially one which included the anti-feminist Sarah Palin.

Obama decided to break with the Clintons, who have dominated the Democratic Party since 1992. He did not need her or her husband, who diminished himself in her campaign. It was a wise decision, though when Palin joined McCain and gave the Republicans a momentary surge in September, some Nervous Nellies worried that Obama had erred in choosing Joe Biden. He didn't.

If Obama and Hillary were to fall out on a matter of policy, he couldn't fire her. It would rupture the party.

So why choose her now? No doubt she is competent, compelling and the best known woman in America. She has impeccable credentials.

But her appointment wouldn't set a precedent – there has been a woman, indeed a black woman, leading the Department of State for the last four years – and Clinton would steal Obama's thunder. Moreover, her husband and his mysterious business interests could be trouble.

Worse, if Obama and Hillary were to fall out on a matter of policy, he couldn't fire her. It would rupture the party.

And why would she take the job? She would have to resign her seat in the Senate and give up leadership on health care and other social issues that motivate her. She would miss the opportunity to replace the ailing Edward Kennedy as the country's great liberal lion.

Obama should choose someone else for Foggy Bottom. Hillary Clinton brings more dangers than benefits.

Andrew Cohen, a professor and journalist, is the author of Extraordinary Canadians: Lester B. Pearson.

MICHAEL DE ADDER

Views

Former child soldiers reach out to victims

Susan McClelland

Kabba Williams sits quietly, his hands folded in his lap. The 24-year-old's wide smile belies the horrors he has inflicted on others and of which he is also a victim. Sitting beside Williams is Mariatu Kamara, now a 22-year-old college student in Toronto. Kamara is an all too emotional reminder for Williams of his past. She was only 12 in 1999 when rebels in Sierra Leone's 11-year-long civil war invaded her village. Child soldiers held the young girl hostage for nearly a day and then amputated her hands before setting her free.

"I did this," Williams, looking briefly at Kamara, told the audience at the University of Alberta last week. "I did terrible things. Rape, murder, cutting off people's hands."

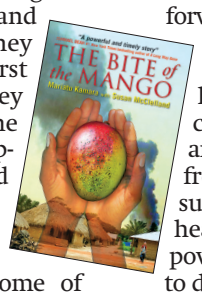
Williams was not the child combatant that tortured Kamara. But for nearly three years, Williams was a boy soldier — in fact, he's one of the youngest child soldiers ever recruited in an African conflict, having been abducted by rebel forces at the start of the Sierra Leone war in 1991 when he was only six years old.

Last week at the University of Alberta's Festival of Ideas, Kamara and Williams, now an outspoken human rights advocate in Sierra Leone who speaks on the use and victimization of child soldiers, came together for the first time.

"It was scary at first," says Kamara, whose memoir The Bite of the Mango, which I wrote, was released last month. "But what can I do to him…to the boys who did this to me? My hatred toward them is only hurting me, so I have to forgive."

Mariatu Kamara

I have been involved now with the Sierra Leoneon community for several years. I am struck by their inherent ability to tell their stories, hold one another and build community. I was by far more nervous of the meeting between Kamara and Williams than they were. When they first saw each other, they embraced. To anyone looking on, they appeared like old friends.



But they're not. Sierra Leone saw children commit some of the worst atrocities in the war that ended in 2002. Tens of thousands of young people were killed, maimed, raped and recruited by various rebel groups, including the Revolutionary United Front. Worldwide, the UN estimates that there are about 250,000 to 300,000 child soldiers at any given time.

Williams has been very active in Sierra Leone's peace building process. His newest project involves former child soldiers reaching out to the villages in Sierra Leone. "It would be an apology, a way we can say we take responsibility for what we did, and how do we move forward together," says Williams.

"It will be challenging," Kamara concludes. "There are many amputees from the war still suffering with their health and with poverty. But we need to do whatever it takes to make sure war doesn't happen again."

Susan McClelland is an award-winning magazine journalist based in Toronto. The Bite of the Mango, her first book, has been nominated for an American Library Association, young adult, non-fiction book of the year.

Letters

Brent Argue, VIA E-MAIL

I voted for Gregor Robertson. After reading the column about Peter Ladner, it leaves me wondering maybe if the candidates put more energy and spirit into things, the turnout might be more. I have to admit, even I was bored, and not well informed. That's the problem, the electoral process is not really interesting.

Shahnaz Azarbehi, TORONTO

I have been a Liberal supporter for the more than 25 years, but have stopped voting since the last two elections because of fatigue.

Look at all our parties and their candidates — an old boys' league. We need new blood, new ideas, fresh perspective, charisma. Someone we would be proud of, to represent us both nationally and internationally.

Michael Ignatieff is going to do no magic. And why is Bob Rae even being considered after what he did to Ontario when he was NDP. With one of these two heading the Liberal Party, I know I will not be voting for a long, long time.

Sarah Sonne, VANIER, ONT.

I am a 25-year-old Canadian woman. I am writing to commend the Conservative Party for passing Resolution P-207 (on protection for pregnant women) at their policy convention recently.

Passing legislation that recognizes the injury or death of an unborn child during an attack on a pregnant woman is something that will secure my vote for, and trust in, the Conservative Party.

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2008 AJAC Award – Best New SUV/CUV
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(Hybrid shown)

Pontiac Vibe
2009 AJAC Award – Best new small car over $18,000

Chevrolet Malibu
2008 North American Car of the Year
(Hybrid shown)

*Awarded by North American International Auto shows. 1. Chevrolet Tahoe Hybrid named 2008 Green Car of the Year by Green Car Journal editors. **2008 Best New Small Car awarded to Saturn Astra. 2009 Best New Small Car over $18,000 awarded to Pontiac Vibe. †Based on GM Testing in accordance with approved Transport Canada Test methods. Your actual fuel consumption my vary.

Gates' fund raises stakes in Mexico drinks companies
Billionaire Bill Gates' investment firm, Cascade Investment LLC, has increased its stakes in two Mexican beverage companies, according to a filing with the U.S. Securities and Exchange Commission. **REUTERS**

Business

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Business in brief

TSX The S&P/TSX composite index closed down 345.17 points at 8,490.56 yesterday, its lowest level since 2004, in a selloff led by resource and financials issues on gloomy news from the banking sector.

AUTO U.S. auto executives pleaded yesterday for a second day for $25 billion US in government aid, but legislators tried to fashion a last-minute compromise bill that could pass muster. **REUTERS**

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Recession risk on the rise: Carney

The Bank of Canada sees a greater risk of recession in Canada than it did just one month ago as the global financial crisis rips through the economy, BoC Gov. Mark Carney said yesterday.

In a speech in London, Carney repeated that the central bank would likely have to cut its benchmark interest rate further to keep the export-reliant economy afloat in the face of a global recession and what he called a "consumer recession" in the United States.

"Starting from flat growth in the first quarter of 2009 and the second quarter of 2009 ... recession is a possibility for Canada," he said after his speech.

"Starting from flat growth in the first quarter of 2009 and the second quarter of 2009 ... recession is a possibility for Canada." Mark Carney

In the bank's latest outlook in October, it forecast the economy would grow 0.8 per cent in the third quarter of this year before contracting 0.4 per cent in the final quarter and staying flat in the first quarter of next year.

REUTERS

Scotiabank's Q4 warning puts heat on banks

STOCKS Shares of Bank of Montreal, Bank of Nova Scotia and Canadian Imperial Bank of Commerce led Canadian banking stocks lower yesterday morning, as analysts said big securities-related writedowns loom in their upcoming quarterly reports.

After markets closed on Tuesday, Bank of Nova Scotia said it would take a hit of $890 million before tax in its fourth quarter on trading losses tied to bankrupt Lehman Brothers Holdings, as well as lower securities and derivatives valuations.

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Yao sits out vs. Dallas

Houston Rockets centre Yao Ming sat out the Rockets' game against the Dallas Mavericks last night because of a sore left foot, an injury the six-time all-star said wasn't serious. Yao was hurt against Oklahoma City on Monday night. He underwent tests that revealed no structural damage. METRO NEWS SERVICES

Sports

Coco is K.C. bound

The Boston Red Sox traded outfielder Coco Crisp to the Kansas City Royals yesterday for relief pitcher Ramon Ramirez. Crisp stole 20 bases for the third straight season in 2008 and hit .417 in the post-season for Boston. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

New M's manager makes history

MLB The Seattle Mariners named Don Wakamatsu as their manager yesterday, making the 45-year-old former catcher the first Asian-American to manage in Major League Baseball. Before joining Oakland, Wakamatsu was a coach for the Texas Rangers from 2003-07, including four seasons as bench coach for manager Buck Showalter.

Wakamatsu

A fourth-generation Japanese-American whose father was born in a Second World War internment camp, Wakamatsu knows only a few words of Japanese but is proud to have broken a barrier for Asian-Americans.

"My parents and grandparents have a long history here in the Northwest, and I'm proud to represent what they went through in their lifetimes," said Wakamatsu. "If I can be a stepping stone for future Japanese-Americans and for equality in baseball, I'm glad to wear that burden." REUTERS

Sports in brief

NHL The Ottawa Senators have lost forwards Mike Fisher and Chris Neil as the slumping club tries to get out of its tailspin. Ottawa announced yesterday that Fisher could miss the next couple of weeks after straining ligaments in his right knee. He won't require surgery. Right-winger Neil suffered a torn meniscus in his right knee in Saturday's loss to the Islanders in New York and will undergo surgery. He's expected to also miss at least a few weeks.

METRO NEWS SERVICES

A hit on Broadway

NHL RESULT

Canucks 6 Rangers 3

THE SKINNY: A goal-starved Canucks squad exploded for six goals and chased one of the league's top goaltenders en route to winning for the seventh time in their last ten games. Alex Burrows scored a pair of goals after Kyle Wellwood opened the scoring on a breakaway while Ryan Johnson's first of the year gave the visitors a 4-0 lead.

THE MARKUS: Not the result he was looking for against his old team, but Naslund did serve up a sweet assist on the Rangers' third goal. The former Canuck finished +1 with three shots in 22 minutes of ice time.

REUTERS/RAY STUBBLEBINE

Alex Burrows celebrates his short-handed goal last night.

THE HOOK: Lundqvist didn't even give coach Tom Renney the chance to pull him after Vancouver's fifth goal. He simply skated directly to the bench and called it a night.

THE NEXT GAME: The Canucks are right back at it tonight in Minnesota for a divisional matchup with the Wild. Backup goalie Curtis Sanford gets his first start since Oct. 17 in Buffalo.

SCOTT RINTOUL, FOR METRO VANCOUVER

Try to give Naslund his due

ToulBox

Scott Rintoul

scott.rintoul@metronews.ca

There's no middle ground when the subject of Markus Naslund is raised in this city.

He's either viewed as one of the most talented players in Canucks' history or as a once productive winger who should never have been named captain.

Those who subscribe to the latter cite his inability to guide the Canucks to the Stanley Cup, his decreased offensive production following the NHL lockout, and his lack of visible emotion in a game known for it.

The truth of the matter is Naslund left Vancouver as the franchise leader in goals and points, was voted by his NHL peers as the league's most valuable player in 2002-03, and played a big part in putting people back in the seats at GM Place after the team had fallen out of favour in the late '90s. It should also be noted that all of his former teammates have gone to bat for him when asked about his captaincy here in Vancouver, and he was a very productive member of this community outside of his profession on ice. You don't have to be a Naslund fan to realize that he did far more good than bad in this city.

• If you want to take a trip down memory lane, head to the Pacific Coliseum tomorrow night for Stanley Cup Legends night. Not only will former greats Yvon Cournoyer, Johnny Bower, Gerry Cheevers, Dave (the Hammer) Schultz, and Steve Shutt be on hand for the game between the Giants and Blazers, the home squad will also be decked out in throwback Vancouver Millionaires jerseys. Oh yeah, the Stanley Cup will also be on display for your viewing pleasure. Want to weigh in? Email me at scott.rintoul@team1040.ca.

Just another "normal" season

TheHockeyNews

Sam McCaig

thehockeynews.com

In the last Vancouver Canucks column in this space, the decision was made to *not* write about Kyle Wellwood. The logic was that every other local media outlet would be flooding the market with stories about the enigmatic ex-Leaf who burst onto the Vancouver scene with six goals in a week-and-a-half, so we stayed away from him.

There's a similar issue this week, but it's a problem that isn't going to go away: It's very difficult to write about the Canucks and *not* write about the exploits of all-world netminder Roberto Luongo. It's no secret he is Vancouver's best and most significant player; simply put, as Luongo goes, so go the Canucks.

Already this season, he has recorded back-to-back-to-back shutouts and broken his own team record for consecutive scoreless minutes. Entering last night's game against the Rangers, Luongo had five shutouts in 17 starts; no other NHL goalie had more than two. He had six shutouts in 73 games last season and his single-season best of seven is certain to fall. (Maybe by the end of the week.)

The bigger question is, can Luongo take a run at Tony Esposito's modern-day NHL record of 15 shutouts? Esposito's mark has stood for nearly 40 years, since his rookie season with the Chicago Blackhawks in 1969-70. Considering Luongo is on pace for 22 shutouts — which just happens to be George Hainsworth's all-time NHL record, set in 1928-29 — you have to like his chances. The Canucks have a solid, veteran defense corps (who knows, they may even stay healthy this year — oops, there goes Kevin Bieksa) and, more importantly, the team is tuned in to the need to backcheck and give the club's most valuable player the support he needs.

Still, Esposito's record has withstood challenges from the likes of Ken Dryden and Bernie Parent, Dominik Hasek and Martin Brodeur. Hasek came the closest, with 13 shutouts in 1997-98.

Facing about 30 shots per game, Luongo's goals-against average is a stingy 2.14 (his career-best GAA was 2.28 in 2006-07), while his .928 save percentage ranks among the league leaders (his career-best save percentage was .931 in 2003-04). But those are the kinds of numbers and lengthy shutout streaks are what we've come to expect from Luongo; he's just having a "normal" season, doing what he does every year. It just turns out that, for Luongo, a "normal" season includes a spot near the top of most goaltending categories and a realistic run at the NHL's shutout record.

The Hockey News thn.com

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Holiday Shopping Guide I

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Savings abound for frugal shoppers

BRIAN TOWIE
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The recent economic downturn may just prove beneficial to Canadians looking to save some cash this Christmas season.

The fallout from worldwide market crashes has forced shoppers to scale back their spending habits. While Canada hasn't taken the hit as badly as its neighbour to the south, the saving trend will continue through the holidays as families expect their financial situation to deteriorate, experts say. An October survey by the Conference Board of Canada shows that consumer confidence is at its lowest level since 1982.

MARIO TAMA/GETTY IMAGES

Retailers are hoping after-Christmas shoppers will help them regroup after a somewhat disappointing holiday shopping season thus far.

Retailers must rise to the challenge, says Derek Nighbor, senior vice-president of national affairs at the Retail Council of Canada. Along with economic realities, there's a psychological impact. A shopper, even if they're flush, will stay tight with the buck in tough times. Stores will have to make adjustments to lure in customers, which often means deeper discounts at the cash register.

"Anytime consumer confidence is low you're going to see some drop-offs, so retailers will have to fight harder to attract traffic," he said. "What they'll often do is designate loss leaders — selling selected items at a loss to get people into the store. Once customers are there, they might buy a few more things."

Discount-oriented merchants stand to gain the most, says Nighbor, and if you're looking for a deal, you may want to reconnoiter with your local mom-and-pop shops. Such establishments are often on a first-name basis with their clientele and can be more flexible in their marketing. Don't expect steals at electronics retailers — Nighbor adds technology items are becoming necessities and not wants.

You may not find any deals in the toy section either. No matter what the economic situation may be, parents will splurge on their child at Christmas, says Elizabeth Evans, director of the Ted Rogers School of Retail Management at Ryerson University.

"Christmas is a season where we celebrate giving gifts to children," she said. "Parents like to buy things for their kids. Toys would be one of the last things they'll cut back on."

And don't those toy manufacturers know it. Reidin Goode, senior marketing manager of the girls division at Mattel Canada, says her company is undeterred by the downturn. She predicts a successful year, particularly in its Barbie lines.

"We're continuing to infuse innovation and a new freshness," she said. "We're banking on a really great Christmas."

Steven and Chris share tips for a fabulous and cheap holiday party

BRIAN TOWIE
brian.towie@metronews.ca

You can host a fabulous Christmas party on the cheap and Steven and Chris have some tips on how to do it.

Steven Sabados and Chris Hyndman, hosts of CBC Television talk show Steven and Chris, talked with Metro about how to entertain your family and friends without going over budget in tough financial times.

"This year of all years, Christmas is not about the presents but about the people who count," said Hyndman.

Stick to the basics when you throw a seasonal soiree, says the decorating duo: Ask guests to bring their own booze and formal attire (they note people love to dress up), and above all else, don't sweat the small stuff. "The less stressed you are about having a Christmas party, the more fun it will be," notes Hyndman.

On the web

- For a recipe of Steven's Chocolate Lasagna, please visit metronews.ca.

PHOTO HGTV

Steven Sabados, left, and Chris Hyndman.

Sabados says dimming your lights and lighting some candles creates an intimate and sophisticated atmosphere. You don't even need to deck all your halls. Focus on the living room to decorate — a beautiful centerpiece can help you, as can the right floral arrangement.

"Paperwhites are the all-time favorite bulb for indoor forcing," the pair writes via e-mail. "Their large clusters of pure white flowers and their sweet, musky smell make them a holiday favourite. Plant bulbs in decorative pots a week apart (to ensure at least one pot is blooming when you need them) in late November and early December. They will flower in 4 to 6 weeks with seldom a miss and you'll feel better knowing that your fresh holiday flowers are taken care of well in advance."

You can also keep a simple spread for your hungry party-goers, says the pair. Pan-fried nuts and small pastries can fill bellies for relatively little money and effort. You can also get creative with noodles with Sabados' chocolate lasagna, a recipe that serves 6-8.

"This year of all years, Christmas is not about the presents but about the people who count."
Chris Hyndman

For more tips from Steven and Chris, visit cbc.ca/stevenandchris.

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Holiday Shopping Guide I

Gift ideas big and small for the tech savvy

RICK McGINNIS
rick.mcginnis@metronews.ca

HP TouchSmart IQ816 computer ($2,199)

There's not a lot of zing in the desktop computer market these days, though HP's TouchSmart line is an exception — the first practical consumer machine that delivers on the whole 2001: A Space Odyssey vibe that we've been wishing for since the first consumer Windows machines hit the market 20 years ago.

The IQ816 has a massive 25.5 inch screen, with everything but the power supply built, iMac-style, into the back. There's a wireless keyboard and mouse included, but they're vestigial appendages, since you're supposed to use the touchscreen as your main user interface.

It actually works — the second generation of TouchSmart machines are a vast improvement over the first, and the interface that HP has designed to run over top of Windows Vista is built around big icons and widget-like applications. (HP also has a 22 inch model that's $600 cheaper, if the price makes you hyperventilate.)

I set the machine up as a family computer in our kitchen, where the kid immediately took to the touchscreen interface to play games, while their parents quickly configured it to deliver news and weather info on startup in the morning.

It made a quick wireless connection with the main computer downstairs so we could play videos effortlessly — HP includes a full-featured remote for media centre functions, and a dock for one of their media drives.

On a more mundane note, the touchscreen makes computer solitaire utterly addictive.

Toshiba Qosmio X300 notebook ($1,999)

There's nothing subtle about the X300; with its flamed red and orange metallic finish and array of totally unnecessary red LEDs, it takes its design cues from hot rods, not space ships. It's not restrained inside either — there's an unlocked and therefore overclockable Centrino X9100 3.06 GHz processor and an NVidia 9800M graphics card, which translated into normal person means it's fast. It's a gaming laptop, with four USB ports and an HDMI out, in case you're not jazzed enough about the 17 inch LCD widescreen.

There are also dual hard drives totalling 640GB and a 5.1 Altec Lansing speaker system. Toshiba is a Bluray refusenik, so the drive is regular DVD, and the screen has that superglossy finish that means you'll be seeing your own face in the shadows when watching movies.

Apart from these quibbles, this is the monster (4.12 kg!) desktop replacement machine every boy dreams about.

LG P300 notebook ($1,799)

On the other end of the scale there's this very light (1.6 kg) laptop, with its sleek lacquered finish and 2.26 GHz Intel Core Duo processor. The screen is just a 13.3 inch LCD, but there's an HDMI output so you can use it to power your flat panel. You might also want some outboard speakers to supplement the pallid ones built into the P300. The slim profile and light weight is mostly due to the DVD drive being provided as an outboard accessory. There's 2 GB of ram and a 320 GB hard drive as well as Bluetooth connectivity, which should help justify the rather impressive price tag.

Accessories

Belkin has couple of laptop pads that range from the active to the passive. **The Cushtop** ($34.99) is an attractive little upholstered lap desk for your notebook that includes a slot to slip the machine when not in use.

The **Laptop Cooling Lounge** ($39.99) is probably the perfect accessory for a gaming laptop like the Qosmio X300 — an adjustable plastic stand that includes a USB-powered fan to help draw the heat away from your overclocked chipset, out the sides and away from your once-toasty lap.

Microsoft has persevered with mouse technology, releasing the **Blue Track mouse** in desktop and notebook sizes ($89.95 and $69.95 respectively). It's a wireless unit that's supposed to be able to track on any surface, including carpets and glossy stone, and it lives up to the hype.

They've also revamped the design of their webcams with the 2 megapixel **LifeCam Show** ($99.95), a discrete little pill of a unit that comes with a variety of mounting options, including stick-on magnets, a clip, and a stick-like stand in case your monitor is too thick or too pretty.

HP's **C6380 all-in-one printer/scanner** ($199.99) adds wi-fi connectivity to its range of features, neatly networking with your

range of desktops and laptops by either the standard USB cable, through an Ethernet port on your router, or wirelessly.

It sets up without a fuss, has a dedicated tray for 4x6 prints, and comes with software that lets you create PDF copies of documents for e-mailing.

Finally, I've spent the last two months with Crumpler's **Dreadful Embarassment** laptop bag ($95) — part of their range of cutely-named bags and luggage. It's a messenger-style affair with room for up to a 17 inch laptop, and plenty of room for accessories, magazines, pens and a cup of microwave soup for lunch. Like most of the Crumpler line, it's assertively colourful, and miles better-looking than the usual uptight laptop bag.

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Holiday Shopping Guide I

Creative toys, games tops

Expensive big-name items also expected to fly off shelves

This year, Elmo Live ($69.99) is expected to be a big hit.

BRIAN TOWIE
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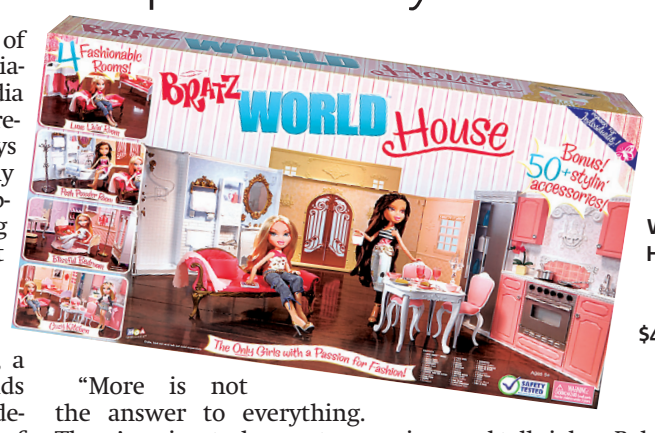
This holiday season, it's all about toys that amuse and engage, say experts on both sides of the border.

As parents make beelines to their local department stores in the coming weeks, they'll likely find toys that encourage hands-on learning side by side with the Bratz and Star Wars playsets. Construction sets, collectible card games and interactive DVD games are all becoming part of the fun.

"We've got educational toys, we've got learning to read toys, we've got building toys, imagination toys," Jeff Hurst, president of the Canadian Toy Association, said at a Nov. 3 media conference in Toronto previewing some of the hot toys for the holidays. "I certainly think we've got a good representation of what's going to be on the Christmas list as we go into this year."



Bratz World House Play Set, $44.99.

The association expects the season's big sellers to include Struxx Robotrixx, a construction set where kids can build roaring motion-detection dinosaurs out of rods, balls and sockets, and Disgusting Digestion, a science kit of bile-inducing experiments that educate the user about the human digestive system.

Kathleen McHugh, president of the Chicago-based American Specialty Toy Retailing Association, expects trends to lean toward more creative, open-ended toys. In an economy where parents are feeling the pinch, she says, a new focus is on toys with longer-lasting value.

"More is not the answer to everything. There's going to be a return to quality over quantity," she said. "The right kind of toy will do different things. Board games will also prove popular. Because of the consumer situation, more families will be spending time together at home. There are a lot of great board games out there to do that."

Those looking for more mainstream — and more expensive — toys will not be disappointed. Elmo Live, an interactive version of the Sesame Street Muppet that sings and tells jokes, Bakugan Battle Brawlers, a collectible strategy game of cards and pop-up robots, and Bratz World, a mix-and-match fashion playset, are among the items expected to fly off the shelves this year.

"We believe Elmo Live is going to do well this season," says Donna Polimac, a senior marketer for Fisher Price, which is parented by Elmo Live-maker Mattel. "With seven times the content of Tickle Me Elmo, it's probably going to be our biggest seller."

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Holiday Shopping Guide I

Kid-friendly gifts

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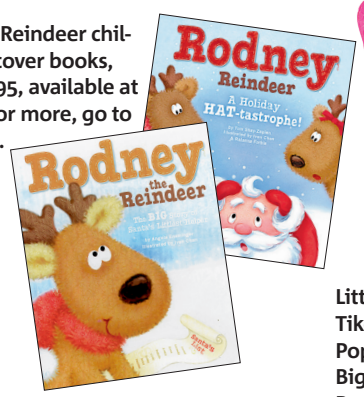
This is Serious Ming-Ming by Fisher-Price, $55. For more, go to toyexpress.ca.

Rodney the Reindeer children's hardcover books, $14.99-$15.95, available at Hallmark. For more, go to hallmark.ca.



In the Night Garden blanket time Iggle Piggle, by Playskool. Available at Zellers for $34.99.

Little Tikes Pop Tunes Big Rocker Drum and Pop Tunes Guitar, both $24.99.

Crayola Color Wonder Magic Light Brush, $24.99, and Crayola Glow Station, far right, $29.99.

Amazing Animals Spinnin' Around Musical Zoo by Fisher-Price, $60. For more, go to toyexpress.ca.

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Read more Metro online today. metronews.ca

Divine night
Nuit Divine ($140) by Thierry Mugler, right, is a face-perfecting mask that will leave you with skin that's energized and supple. Available at the Bay. METRO NEWS SERVICES

Holiday Shopping Guide I

Gifts that pamper

Christmas parcel, $29.95, at Lush. Includes Scrub Up With Spice Curls and Porridge soaps. Available at lush.ca.

Magnolia Necklace by Foxy Originals, $36. Available in black and brown at foxyoriginals.com.

Plaid and penguin-print pyjamas, both $19, at Joe Fresh. For more, go to joe.ca.

From left: Cake Walk Triplemint Foot Creme, $8 (currently on sale); Milk Made Hand and Cuticle Buffer, $18; and Milk Made Velveteen Hand Creme, $18. Available at Indigo Chapters, Sephora, the Bay and cakebeauty.com.

The Winter Trend make-up range from the Body Shop, $14.50-$24.50. Includes sparkle eye palette, centre, $24.50; sparkle lip gloss, right, $16.50; and sparkle roller ball, far right, $14.50. For more, go to thebodyshop.ca.

Enchantress Beauty Kit by Foxy Originals and Smashbox, $45. Includes silver pendant necklace, lip enhancing gloss and much more. Available online only at smashbox.com.

winter wonderland 'tis the season

A garden centre featuring decorative planters, pleasing mixtures of fresh greens and berries and other colourful seasonal assortments.

Poinsettia Premier
Wednesday November 26 - 9 am to 7 pm

We invite you to enjoy a cup of coffee or hot apple cider and some Christmas treats, as you view the glamour of the Poinsettias and the Christmas shop. Deck your doorway this year with fresh bough, berries and evergreen planters. It's a great way to kick-off the Christmas Season.

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From top: Palmer's Cocoa Butter Formula Lotion, $5.99/250 ml; Palmer's Cocoa Butter Formula Concentrated Cream, $3.99/100g; and Palmer's Cocoa Butter Formula Jar, $5.99/100g. Available at Wal-Mart, Shoppers Drug Mart and Pharmaprix.

Vanilla Spice Body Butter by the Body Shop, $20. For more, go to the body shop .ca.

Next week's lineup

GIFT GUIDES For a roundup of holiday CDs, gifts for him and her, and much more, pick up Metro's next Holiday Shopping Guide on Nov. 27.

35 shopping days remain before Christmas.

Holiday Shopping Guide I

All for fun

My Tagalongs' 911 Tin, which includes a sewing kit and nail file. Available as part of the Emergency Valet, $30, at the Bay.

Vancouver 2010 jersey bib set, $18. Available online at vancouver2010.com.

Chocolate Santa bath bomb, $6.95. Available at Lush, lush.ca.

Hello Kitty humidifier, by Crane, $49.99. Available at Home Outfitters.

Vancouver 2010 plushies, $25-$40. Available online at vancouver2010.com.

Make him happy

Plaid sleep package by Joe Fresh, $15. Go to joe.ca for more.

Aveda Men Pure-Formance aroma spray, $71/50 ml, and Aveda Men Pure-Formance firm hold gel, $22.50/150 ml. For more, go to aveda.com or call 1-800-689-1066.

Barcelona boots by Ecco, $245. Available in coffee (shown) and in black. For more, go to ecco.com.

Reyka vodka is filtered through lava rock and distilled with geothermal energy, $34.95/750 ml.

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For the tree

Celebrate the teachers in your life with this Teachers Rule! ornament, $12.99 at Hallmark. For more, go to hallmark.ca. **METRO NEWS SERVICES**

Holiday Shopping Guide I

Toast to the host

Wolf Blass 2005 Yellow Label 'Original' special 40th Anniversary blend of Cabernet, Shiraz and Merlot, $24.95.

Green & Black's Organic Chocolate Collection. Includes Organic Hot Chocolate, $10.99; Green & Black's Unwrapped cookbook, $24.99; and chocolates, $3.69-$24.99. Available at Shoppers Drug Mart, Whole Foods and more.

Glenfiddich Tasting Collection, $72.95. Includes Glenfiddich 12 Year Old, 15 Year Old and 18 Year Old single malt scotch whisky.

Stacking Snowman with Candy, $14.99 at Canadian Tire. For more, go to canadiantire.ca.

Gluckstein Home Fete Tea Set, above right, $6.99-$29.99, and Gluckstein Home Fete Dinnerware, $6.99-$9.99. Available at the Bay. For more, go to hbc.com.

Ceramic Peppermint and Gingerbread Cocoa Pot, $19.99, and ceramic Peppermint and Gingerbread Mug with Lid and Spoon, right, $12.99. Both available at Hallmark. For more, go to hallmark.ca.

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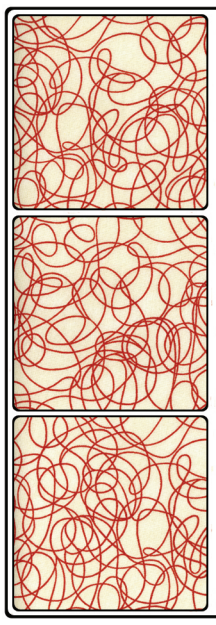

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Metro Homes

Green Christmas

Want to be festive and green at the same time? Philips makes coloured LED bulbs that cost about $10 and fit any standard-size fixture. See *homedepot.ca*. TORSTAR NEWS SERVICE

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Making your small space a hot seller

HouseLeague

Ryan DeLuca
ryan.deluca@metronews.ca

Small homes can be some of the trickiest properties to sell. Most buyers want to try and get the most space for their money and tend to overlook small spaces because they can often feel crowded and cluttered. If you are an owner of a smaller condo, here are some tips to help make the property feel larger than the square footage lets on.

First, it is important to de-clutter as much as possible when you list. Most vendors assume that moving all their excess furniture and knickknacks into the closets will help enlarge the space, but if your closet is overflowing buyers will be lead to think that you do not have enough storage space available. Keep your closets no more than three quarters full to give the illusion of having more storage than you need. Move all your extras out of the home all together.

Second, make sure that if you do not have a lot of windows casting natural light, you have enough internal lights to brighten up the space. Dark rooms feel smaller than they actually are. Modern track lighting is a good choice as it will allow you to point the individual lights into the corners that lack natural lighting. In addition to overhead lighting, ensure that there is ample ambient lighting. These include side table lamps and floor lamps — they give a more flattering and cozy feel.

Finally, stick to a lighter colour scheme. Dark walls with a light ceiling can make an already small space feel claustrophobic. Stick with lighter flooring and lighter paint/tile colours. This will give the illusion of space and openness.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada in Vancouver, and host of The Real Estate Minute on Novus TV.

Clutter sadness common

UrbanDweller

Carlyn Yandle
carlyn.yandle@metronews.ca

As I write this, gold and red leaves are falling on a sunny, cloudless day. But by the time you read this, we're all more likely to be soaking in the beginning of five months of gunmetal-grey sog.

Not that I'm complaining, but just in case, I'm taking my 1,000 IUs of Vitamin D in hopes it will ward off Mr. Seasonal Depression from a-knocking on my noggin. Too many people I know suffer from some sort of blues as the ho-ho-holiday season approaches.

However, I do have to fight the urge to lay low during these dark days — like my dog — or move on to warmer climes until the days get brighter and longer, like the first peoples of yore or the snowbird retirees of today.

There remains the small problem of paying the bills, so most of us have to face the typical seasonal triggers: Stress, overwork, dwindling daylight hours, lack of physical activity, over-eating or the guilt-inducing so-very-merry Christmas-shopping campaigns. There's also one overlooked trigger: a cluttered homefront.

CARLUN YANDLE/FOR METRO CANADA

Cluttered confines can contribute to seasonally-affected mood disorders.

During the warmer months we're more likely to turn our backs on our own indoors, but when the gloomy weather sets in, it's harder to ignore the mounting problems in our homes. It might be a too-dark interior or a dysfunctional kitchen, but most likely it's the accumulation of too much stuff that oppresses and depresses.

It hits when you come home after a hard day's work; what used to be your refuge, your pride and joy, has become a sort of giant storage unit crammed with stacks of paperwork, mementoes, clothes, magazines, dishes, photos, whathave-you.

It's all too much to even entertain the idea of entertaining and soon you're so ashamed you hope no one will stop by. You know you've lost the war when the stuff is no longer a collection of individual units requiring a keep-it/get-rid-of-it decision but a force that's overwhelmed you to the point of exhaustion. That state of mind leads to paralysis and the stuff continues to pile up.

Clutter-related depression is real, and a major subject on numerous sites like MyDepressionConnection.com where clutter/depression-sufferers write about feeling small and boxed in by all their stuff.

Like any wellness program, combating clutter requires a plan. Next week I set out some structure for clearing the decks — and the mind — to make way for a social holiday season at home and a bright, hopeful new year.

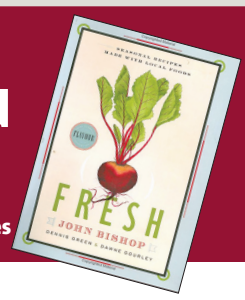
Carlyn Yandle is a Vancouver journalist with her own room-planning business, Home Reworks, homereworks.com.

And in second place ...
Dish entertains: Everyday simple to special occasions by Trish Magwood (HarperCollins Publishers Ltd.) took the silver prize at the 11th annual Canadian Culinary Book Awards. **METRO NEWS SERVICES**

Food

Fresh: Seasonal recipes made with local foods by John Bishop and Dennis Green won the Gold award at the 11th annual Canadian Culinary Book Awards.

Metro News Services



Put this on your plate, mate

À la carte

Barb Holland

Metro Food Writer

Like Canada, immigration has brought a world of cultures and cuisines to Australia. Celebrity chefs, cookbook authors and food writers have also been influencial in creating a 'Mod Oz' cuisine. Add wonderful seafood, plenty of produce and grazing land, and Australia has become one of the most diverse and cosmopolitan places in the world to eat.

Donna Hay is Australia's leading food stylist, food editor and best-selling cookbook author. Her food, recipes and styling focuses on basic ingredients, simply prepared and beautifully photographed. Her 16 cookbooks have sold more than 3.3 million copies and have been translated into nine languages.

Hay is the publisher of donna hay magazine, a bi-monthly food magazine with tremendous local success and far-reaching international appeal.

Lemon Pork and Roasted Vegetables

This recipe is adapted from one of Donna Hay's latest series of six cookbooks, Simple Essentials, Beef, Lamb + Pork (HarperCollins Publishers Ltd). The photograph shows fingerling potatoes but regular white potatoes will roast up nicely with the pork in this one dish dinner. As fresh lemon thyme is difficult to find this time of year, try regular thyme or a pinch of dried thyme leaves and a little grated lemon zest. Makes 4 servings.

INGREDIENTS:

- 4 fingerling or medium white potatoes, scrubbed
- 4 unpeeled garlic cloves
- 2 tbsp (30 mL) olive oil
- Salt and pepper
- 1 large (1 lb/500 g) pork tenderloin, cut into 4 pieces
- 4 slices pancetta
- 4 sprigs fresh lemon thyme
- 1 pint cherry tomatoes (about 2-1/2 cups/625 mL)

METHOD:

Preheat oven to 400°F (200°C). Cut fingerling potatoes in half lengthwise or regular potatoes into wedges. Toss potatoes and garlic in oil. Place in a large baking dish; season with salt and pepper. Roast 20 minutes.

Top each piece of pork with 1 slice pancetta and a thyme sprig. Tie with kitchen string. Add pork to pan and roast 10 minutes. Add tomatoes and cook another 10 to 15 minutes or until pork is cooked through and potatoes are tender and golden. Push garlic out of skins and serve with pork, potatoes and tomatoes.

This recipe, Lemon Pork and Roasted Vegetables, is adapted from one of Donna Hay's latest series of six cookbooks, Simple Essentials: Beef, Lamb + Pork (HarperCollins Publishers Ltd).

MORE ...

Other influential chefs and food professionals from 'down under':

- **Bill Granger** has three restaurants, bills, in and around Sydney, plus five cookbooks and two TV series, bills food, to his credit. As one of Australia's leading food writers, Bill Granger is a regular contributor to Australian and British food publications. His style is fresh and easy going yet comforting. His unfussy recipes use readily available ingredients and appeal to busy cooks everywhere.
- **Neil Perry** is an Aussie super chef. Owner of Rockpool, one of Sydney's (since 1989) and more recently Melbourne's, most highly acclaimed restaurants, he sources the finest locally produced ingredients and prepares them exquisitely. Author of five cookbooks (not all available in Canada), Rockpool, Balance & Harmony, Simply Asian, The Food I Love and Good Food, Perry's modern cooking is widely regarded.
- Author of four cookbooks, Spice, Christine Manfield Originals and Christine Manfield Desserts, **Christine Manfield** is another of Australia's celebrated chefs. Inspired by strong flavours, her lastest book, Stir (Penquin Books), provides recipes for making 14 basic preparations such as green and red curry paste, harissa and preserved lemons; and over 100 recipes using those preparations as the basis. She also produces a range of spice pastes and condiments under the label Christine Mansfield Spice Collection.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

new arrival

- Ex-pat Australians and Canadian chocolate lovers will celebrate the arrival of Australia's favourite biscuit: Tim Tams. Launched in 1963, the chocolate biscuit sells nearly 35 million packs per year in its native land. The popular treat is now available in major grocery and drug stores across Canada, including IGA and Sobeys.

The science of delicious

How do you make the perfect French fry? Is it better to salt a steak before or after grilling? The Science of Good Food, written by David Joachim and Andrew Schloss, is the first book to present the science of good cooking in an easy-to-use, A to Z format.

More than 1,600 entries clearly explain the physical and chemical transformations that govern all food preparation and cooking. Metro got a hold of this excerpt about one of the most beloved desserts: The cheesecake.

What It Is

With its cookie crumb or pastry crust and dairy-based filling, cheesecake is more custard tart than cake. Pastries have been filled with various cheeses for centuries, and cheesecakes can be sweet or savoury. Most are sweet and made around the world with various fresh cheeses. For savoury cheesecakes, you can combine ingredients such as cream cheese and smoked salmon or Cheddar cheese and bacon. You can also make cheesecake with other creamy ingredients like silken tofu.

What It Does

Like other custards made with eggs and dairy products, cheesecakes require even gentle heat to prevent curdling. They are often baked in a water bath to evenly distribute the heat around the cake pan and provide moist steam to keep the baked custard from drying out. To avoid lumps, it helps to bring the cheese and eggs to room temperature before mixing the filling and to add the eggs one at a time. Gradual temperature changes also help prevent cracks. If the pan is too small, the filling will rise too high and will overcook on the edges before the centre is done. If the pan is too big, the entire filling may quickly overcook and crack.

On the web

Recipe:

- Now that you know a bit about cheesecakes, why not make one? Find a recipe from the book for Southern Comfort Cheesecake at metronews.ca.

Pastries have been filled with cheeses for centuries, and cheesecakes can be sweet or savoury.

Vibrating mascara now available
One day sale! You can purchase Lancôme Ôscillation, the new vibrating power mascara ($39). Available at *lancome.ca*. **KIM ELBO/FOR METRO CANADA**

Style

Hot shades inspired by 90210

Can't get enough of the hottest zip code in North America? Well now fans of the hit TV show Beverly Hills, 90210 can add some chic California style to their own lives with three nail lacquer shades inspired by the lead female characters on the show — Silver, Annie and Naomi. The 90210 by OPI collection includes Pretty & Privileged (ruby red), left, Queen of West Web-erly (purple shimmer) and Sweet as Annie-thing! (lollipop red). Available beginning January 2009 at professional salons and spas for $9.95. METRO NEWS SERVICES

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Liven up the season with colour

Style **File**

Kim Elbo
kim.elbo@metronews.ca

ask kim

I'm invited to my boyfriend's family holiday party and it'll be the first time I'm meeting the whole family. I don't want to give off the wrong first impression; can you give me any suggestions?

The safest bet is to go completely conservative. Try a simple black pant with a dressy top or a dress with a modest neckline and length. The fact that you're asking this question means that you care a lot, so ask your boyfriend for his opinion as well.

E-mail your style questions to *kim.elbo@metronews. ca.*

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

GlobalStyle

Kenya Hunt
Watches make a comeback, exclusively at metronews.ca/globalstyle

Tiered Ruffles
Designer: Gap
Shop: Gap
Address: Various Locations
gap.com

Flattering Stripes
Designer: Guess
Shop: Guess
Address: Various locations
guess.ca

Simple and Elegant
Designer: Maggy London
Shop: The Bay
Address: Various Locations
thebay.com

Modish chic
Designer: Aldo
Shop: Aldo
Address: Various Locations
aldoshoes.com

Shine All Over
Designer: Banana Republic
Shop: Banana Republic
Address: Various Locations
bananarepublic.com

tip: Have an ink stain on your satin dress or purse? Try using rubbing alcohol to remove the stain. Dab a clean cloth into the alcohol and slowly rub out the stain, making sure to switch to a new and clean part of the cloth each time you rub.

Jeweled Clasp
Designer: BCBG
Shop: BCBG
Address: Various Locations
bcbg.com

holiday dresses

I am just like everyone else when it comes to holiday parties: I either pull out one of my six LBDs (little black dresses) or shop for another one. So I thought this year, instead of looking for a LBD with a different cut, I'm going to go for a completely different colour, and I think you should too. Let's liven up the holiday parties this season with dashes of colour and cute flirty cuts like these three strapless dresses. The sweetheart neckline (Guess and Maggy London) is my absolute favourite cut for a strapless dress; it's perfect for smaller cup sizes and gives shape and volume to the body. The straight-across cut by the Gap is great for women with a bigger cup size, and it looks top-notch when it is paired along with a jeweled chunky necklace.

holiday clutches

Glitter and shine your way into the holiday with a jeweled clutch. If you're not one to accessorize or have a completely simple dress and need something to complement it, this is the bag for you. The jeweled clutch comes out every holiday and this year the options are endless, from all-over jewels like the Banana Republic one to the simple clasp jewel like the BCBG clutch.

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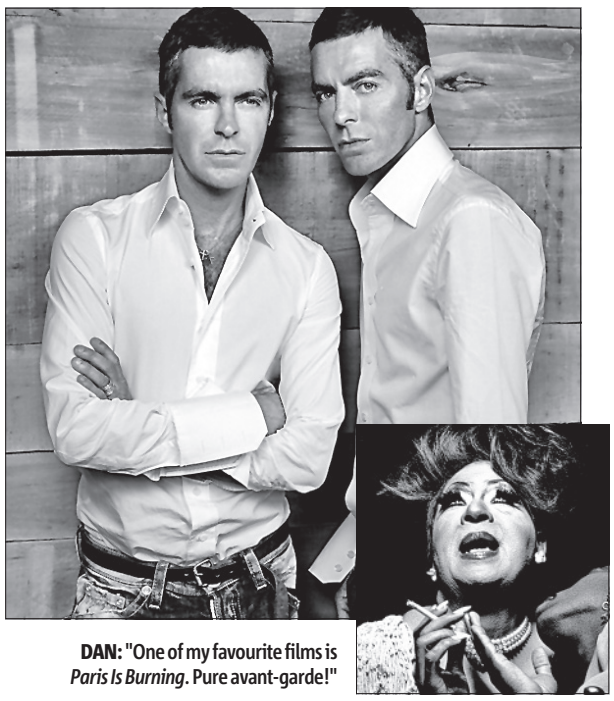


COURTESY DSQUARED2; OFF WHITE PROD./THE KOBAL COLLECTION

DAN: "One of my favourite films is *Paris Is Burning*. Pure avant-garde!"

Talent Show

The star power of DSquared2's Dan and Dean Caten.

by **LAURA DECARUFEL**
Senior Editor

Dressed identically in baggy jeans and tuxedo jackets and sporting huge grins, Dan and Dean Caten of DSquared2 bounded onto the makeshift catwalk in front of a packed crowd at CTV headquarters in Toronto. "Hello!" shouted Dan. "Welcome!" echoed Dean. It was halfway through TIFF and the duo were in town to reprise their fall 2008 show of sexy secretaries and buff men in sweaters. The next day, the Ontario-born brothers were in the Holt Renfrew café, sipping soup and chatting before their personal appearance at the store.

What do you miss most about Canada? **Dan:** "Autumn. In Italy, the seasons are all mushed together. I like how you have to wear sweaters in November." **Dean:** "No one wears sweaters anymore — we grew up on that."

What are you most shy about? **Dan:** "Being in public — we want to get over that." **Dean:** "The camera doesn't scare us, but a lot of people do."

What songs do you know all the lyrics to? **Dan:** "Beyoncé's Irreplaceable and Rihanna's Umbrella."

What are your favourite smells? **Dan:** "Mountain air and freshly cut grass." **Dean:** "Fresh leaves, fall leaves...." **Dan:** "The smell of rain too — you know, when it rains in summertime." **Dean:** "Wet pavement. There is also the smell of hot days — maybe it's a beach smell." **Dan:** "Coppertone. That reminds me of the beach."

What is your most valued possession? **Dean:** "Him."

What would the title of your memoir be? **Dean:** "Him." **Dan:** "No, no. It would be Another Day Living the Dream." **Dean:** "Yes!"

DARK SHINE Sexy, chic and black!

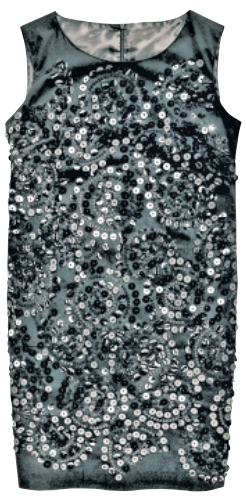
Polyester and viscose, Miss Sixty ($239, info@sixty-canada.com)

Lace, Sinéquanone ($145, 1-877-384-9651)

Cotton and polyester, Kensie ($108, *kensie.com*)

Cotton, French Collection ($238, *fcuk.com)*

Satin, MICHAEL Michael Kors ($295, 1-866-733-5677)



Cotton and sequins, Soaked in Luxury ($119, 1-800-463-8127)

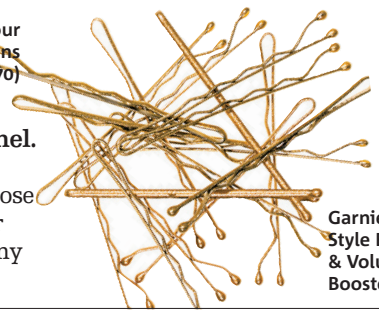
STUDIO ANDRÉ DOYON

PIN-UP GIRL

The bob goes faux for fall with subtle volume.

EXPERT: Brennen deMelo, hairstylist for L'Oréal Professionnel.

- Apply a styling primer while your hair is wet. Blow-dry, then backcomb it from mid-shaft to the ends.
- Pull your hair into a loose ponytail, securing the elastic near the end.
- Flip your hair under and anchor it with bobby pins by the nape of the neck. Pull out any shorter pieces of hair to frame your face.



Goody Colour Collection Bobby Pins in Blonde ($4.70)

Garnier Fructis Style Body & Volume Booster ($5.29)

L'Oréal Professionnel Série Expert Volume Extrême Nutritex Volumizing Shampoo and Conditioner ($15 each)

EDITORS' PICK

Glitter party

How do you transform last year's LBD into the must-have of the moment? Simple: Add a statement piece, like the twinkling glass beads of Rosemary Hedges' bib necklace ($125, 514-937-7045).

WALK ON

Can living in a pedestrian-friendly neighbourhood help you stay slim? That's what a new study from The University of Utah in Salt Lake City suggests. Researchers discovered that people who live in "walkable" neighbourhoods — usually those built before 1950, which are more densely populated and have a range of destinations for pedestrians — are less likely to gain weight, with women weighing an average of six pounds less than residents of newer locales. Don't live in a stroll-friendly area? "Park your car farther from your workplace and walk the remaining distance," says Barb Gormley, a fitness trainer in Toronto.

RockStop trail shoes ($119.95, New Balance)

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OLAY

Make a big splash with cleansers that do more than cleanse.

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Biel not designing Timberlake bags

Despite rumours to the contrary, a rep from William Rast confirms to People that it is not true that actress Jessica Biel will be designing handbags for boyfriend Justin Timberlake's denim line. **PEOPLE.COM**

Entertainment

New Boss

Bruce Springsteen plans to release a new album in January. Working On A Dream was recorded with the E Street Band and features 12 new songs, plus two bonus tracks. BBC NEWS ONLINE

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Rise of a country star

Taylor **Swift**

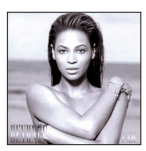
Album: Fearless
Label: Open Road/Universal
Rating: ●●●●

EVERY NOW AND then a mistake happens in the music business and a truly talented young artist manages to sneak past the industry radar and take the world by storm. So it was with Taylor Swift who signed with little known label Big Machine in Nashville. Last year, her song Tim McGraw went straight to the top and has stayed there pretty much ever since. She's 18 now, with a second album that's sure to spit out four or five hit singles that will dominate both the country and pop charts all of next year. Swift writes about the high-school stuff she understands, but in a way that appeals to all ages. A remarkable sophomore effort.

Graham Rockingham/for Metro Canada

Beyoncé

Album: I Am... Sasha Fierce
Label: Columbia/Sony BMG
Rating: ●●●



WHEN BEYONCÉ REVEALED she had an alter ego — Sasha Fierce — you couldn't help but roll your eyes. Now, though, she's taken things a step further by releasing a two disc affair, with one side as her sweet, laid-back self and the other as her more aggressive, sexualized persona. The first half is full of bland, slow-moving adult contemporary pop; the second is loaded with amped-up R&B barnburners.

Bryan Borzykowski/for Metro Canada

Dido

Album: Safe Trip Home
Label: Arista/Sony BMG
Rating: ●●●

ON HER THIRD disc Dido treats fans to familiar, subtle, trip-hop vibes and soothing vocals, but with extra strings and atmospheric undertones. She plays it a bit safe — songs move at a glacial pace, and while the lyrics are revealing and honest, they cross over into cheesiness territory one too many times.

Bryan Borzykowski/for Metro Canada

Nickelback

Album: Dark Horse
Label: EMI
Rating: ●●

NICKELBACK SEEMS TO live in a world where all women are Playboy centrefolds who like performing for men until their "legs give out." If you're not into that, then you're a tease who looks best with "something in your mouth." When the men in Nickelback World aren't ogling butt, they're hitting bongs and getting drunk "until they fall down." If a friend turns into a junkie, then the rock Gods get all maudlin and write a song called Just Too High. It would be easy to excuse this as harmless immature crap tailored for 12-year-old boys. But it's not harmless, it's offensive. One last thing — track seven, Never Gonna Be Alone, sounds like the Backstreet Boys playing fuzz guitar.

Graham Rockingham/for Metro Canada

Music**Reviews**

music@metronews.ca

I Am... Sasha Fierce is the new album from Beyoncé.

Read our reviews of David Cook and Beast at metronews.ca/music

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Angelina to replace Cruise
Angelina Jolie has confirmed reports that she will replace Tom Cruise in the espionage thriller Edwin A. Salt. The film's writers reworked the lead character — a CIA officer falsely accused of spying for the Russians — to be female. TVGUIDE.COM

Sophmore effort debuts at No. 1

ALBUM Teenaged singer and songwriter Taylor Swift topped the U.S. album charts yesterday with her second album Fearless, according to record label Universal, which has signed an international marketing deal with the star.

Universal Music Group, the world's biggest music company, said Fearless sold 592,000 copies in the last week in the United States, making it one of the biggest releases to date this year. REUTERS

In brief

AWARDS IN VANCOUVER
Comedian Russell Peters has agreed to host the 2009 Juno Awards broadcast, CBC.ca reports. The ceremony honouring the best in Canadian music takes place March 29 in Vancouver. It will be his second time hosting the Junos.

MOVIES Filmmaker Justin Chadwick will take the helm of Ironbow: The Legend of William Tell, Reuters reports. The story centres on a crossbow marksman who was forced to shoot an apple off his son's head in exchange for freedom. METRO NEWS SERVICES

Swift, steady and fearless

IAN NATHANSON
for Metro Canada

As Taylor Swift released her sophomore effort, Fearless, earlier this week, the country-pop songstress is fearlessly addressing some highly-publicized rumours about her circulating in the U.S. media.

One reputedly claims that the 18-year-old is pregnant. Swift's response? False. "I'm really offended by this one," she tells Metro. "I'm not that kind of girl. After reading that, I just sat there thinking, 'What did I do to provoke that?' But then I found out that this kind of thing happens to a lot of girls in this industry — for no reason."

Another rumour alleges she was dating Joe Jonas, the middle sibling of teen heartthrobs The Jonas Brothers. Swift's response? True, but it's over now.

"I've always been very upfront with (Joe) and I've kept the relationship a secret for a very long time," Swift says days after revealing to People Magazine and on The Ellen De Generes Show that the 19-year-old dumped her in October.

"I only addressed the issue because I felt I owed it to my fans. I wanted to say, 'Look, you guys weren't crazy, the breakup did happen. I made a few comments on it and now I'm ready to stop giving him my time and energy.'"

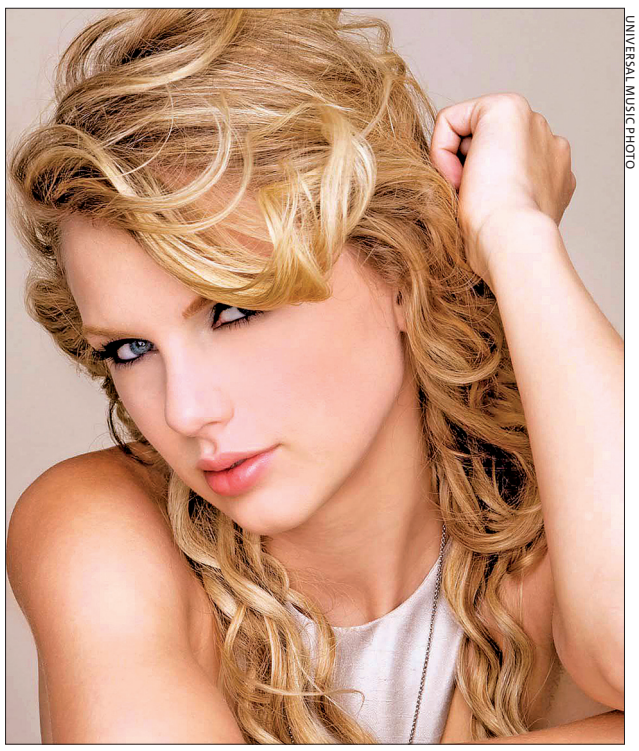
"I was never one of those presumptuous hopefuls who thought a career in country music would actually work out for me."
Singer Taylor Swift

Nonetheless, her fascination with boys figures prominently throughout Fearless.

While Forever And Always may be linked to her split with Jonas, Swift explains that another song, Hey Stephen, reveals a crush toward a real-life Stephen, whose last name she purposely keeps mum.

"He hasn't heard the song yet so that should make for an interesting phone call," Swift laughs.

"When I write a song I make sure that the songs are written about people I know and most of the time they're going to mention specific names."


UNIVERSAL MUSIC PHOTO

Taylor Swift's fascination with boys figures prominently throughout her new album Fearless.

Swift's own Behind The Music story so far reveals that the Wyomissing, Pa., native dropped her first demo to numerous record labels at age 11 and began writing songs when she was 12.

By age 14, she relocated to Nashville for work as a songwriter.

Two years later came her 2006 triple platinum-selling debut followed by numerous award nominations and/or wins (including country song of the year during Tuesday's BMI Country Awards).

Among her most recent performance highlights include teaming up with rockers Def Leppard for a CMT Crossroads special.

"I was never one of those presumptuous hopefuls who thought a career in country music would actually work out for me," says Swift, who cites Faith Hill and Shania Twain as influences.

"That's why now I feel so blessed that everything is pretty much coming together."

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Johnston bares all

Actress Kristen Johnston appears nude on horseback in a People for the Ethical Treatment of Animals ad. The ad is aimed at tourists, heading for Central Park in New York City, who are tempted to take a horse-drawn carriage ride. **IMDB.COM**

Low-rated Daytime Emmys may undergo big changes

TV The Daytime Emmys could become a lot less soap-centric next year as organizers — faced with the prospect of ABC and CBS shunning the low-rated telecast — entertain new ideas that could include shifting the show to cable.

The National Academy of Television Arts and Sciences is sifting through bids from two broadcast networks and two cable channels to carry the awards telecast. NATAS president Peter Price said a decision could be made by year's end.

He declined to name the networks, though ABC and CBS aren't likely to be in the running. **REUTERS**

In brief

TV After closing a deal with Patricia Heaton for the lead role, ABC has greenlighted a comedy pilot about a middle-class Midwestern family as seen from the mother's perspective. Heaton played Ray Romano's long-suffering wife in CBS' sitcom Everybody Loves Raymond.

MOVIES Rapper 50 Cent plays a ruthless loan shark in the London gangland movie Dead Man Running, which began shooting yesterday.
The mission takes him from the dog tracks of East London to the underground drug scene of rural Manchester to raise 100,000 pounds to pay off a loan shark. **REUTERS**

No hidden messages

France's first lady says no secrets on new album

Carla Bruni-Sarkozy's new album shot to the top of the charts in France, but anyone looking for clues about her love life with her husband, French President Nicholas Sarkozy, won't have any luck.

"They are only songs. It's not so precise about life ... It's not exactly your own real life," Bruni said during an appearance on NBC's Today Show yesterday.

Italian-born Bruni-Sarkozy, a former supermodel-turned-pop singer who wed Sarkozy in February after a whirlwind romance, released her third album, Comme si de rien n'etait (As If Nothing Had Happened), in July.

She performed live on the morning news show as part of a tour to promote the album.

Some of its lyrics have caused a stir and prompted a search for hints about past love affairs with intellectuals and rock stars, including Mick Jagger and Eric Clapton, and her marriage to Sarkozy.

One song with the lyrics, "You are my drug, more lethal than heroin from Afghanistan, more dangerous than Colombian cocaine," prompted Colombia's government to criticize the song as "hurtful."

Bruni-Sarkozy discouraged close analysis of the songs, describing them as simple folk songs that "you play just sitting in your living room ... by the fireplace."

She has released two earlier albums.

She admitted to some apprehension about releasing the album after becoming France's first lady.

"At the beginning, I got worried that people might take it wrong, because they are not used to it.

"Usually, first ladies have been supporting their husbands," she explained. **REUTERS**

BRAD BARKET/GETTY IMAGES

Carla Bruni-Sarkozy visits the Late Show with David Letterman at the Ed Sullivan Theatre earlier this week in New York City. The pop star turned political wife says songs on her latest album aren't meant as a reflection of her life.

"They are only songs. It's not so precise about life ... It's not exactly your own real life."
Carla Bruni-Sarkozy

Flatley to host reality dancing show
Dancer Michael Flatley will host NBC's Superstar Dancers of the World, according to Variety. TVGUIDE.COM

It's Showtime for Seth

Rogen to develop comedy set in porn shop

IntelleVision

rick.mcginnis@metronews.ca

DIRTY PICTURES: Showtime looks like the place to go on the dial for pervy entertainment next season, if two new projects pan out.

The ominipresent Seth Rogen — love the guy, but even I'm getting tired of seeing his face — is developing a new comedy about three post-collegiate buddies running a porn shop, according to a Variety story.

There's no word yet on who's set to star in the show, which is being executive produced by Rogen and his production partner Evan Goldberg, who worked on the screenplays for Superbad and Pineapple Express.

There's no reason to believe that this can't be good, especially if Rogen and Goldberg can tap into the strange relationship young men — and older ones — have with porno in what's referred to as the "post-feminist" era.

Varying from bored ambivalence to connoisseurship, it's a relationship conditioned by the unprecedented ease with which porn can be consumed today, as well as the likelihood that the young male consumer might find their enthusiasm for porn compromised by scores of young women who'll eagerly cop to sharing their interest, which a lad will have to call a fantasy if they're forced to be honest.

It's also quaint that Rogen and Goldberg have chosen to set their show in a porn shop — the equivalent of a drama about the media being set in a letterpress typesetting shop.

The storefront porn merchant, like the record store and the video rental shop, is a quaint technological anachronism in the digital age; a porn website startup would have been more contemporary, though it might have ended up looking like a cross between NewsRadio and late-night Showcase fare like Porno Valley.

Showtime is also developing a reality TV series about hookers, according to the porn industry website Reverse Cowgirl, with one-time Fox big deal Stephen Chao at the helm. Alas, Chao — the man behind Cops and America's Most Wanted — is having a hard time casting the show, which plans to rent a Hollywood Hills mansion for the cast to ply their trade.

"The show won't be demeaning or exploitative because, as the director explained it, they're looking to cast working girls without implants," according to the website.

Well, that changes everything, doesn't it?

There is, of course, the little matter of legality, not to mention the effect celebrity — even the clammy, blush-inducing type that a Showcase adult series might bestow upon viewers — would have in a profession that usually values anonymity. It's like searching the ranks of Washington lobbyists for the stars of a show provisionally titled The Big Nasty Graft and Earmarks Spectacle of Democracy Gone Rancid.

Rick McGinnis writes about music, movies, books and television, but not opera.

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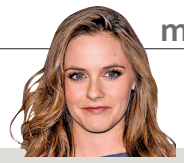
VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 11/20/08	251	308	3 CBC	Coronation St.	Jeopardy! (N)	The Nature of Things (N)		Doc Zone "Web Warriors" (N)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Name Is Earl	Kath & Kim	Anna's Storm (2007, Action) Sheree Wilson. Premiere. (CC)				News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	News (In Mandarin N)		News (In Cantonese N)		News (In Punjabi N)		Metropia
	250	321	9 CTV	etalk (CC)	Dance	CSI: Crime Scene Invstgtn.		Grey's Anatomy (N) (CC)		ER "Age of Innocence" (N)		News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Smallville "Bride" (N) (CC)		Supernatural (N) (CC)		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Gabon (N) (CC)		The Office (N)	Billable Hours	(:01) Life on Mars (N) (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Medium "Heads Will Roll"		America's Next Top Model		(:01) Eleventh Hour "Surge"		News (CC)
	253	359	13 CITY	Law & Order: SVU		Ugly Betty (N) (CC)		30 Rock	30 Rock (N)	Friends (CC)	Friends (CC)	Realty TV
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Bride" (N) (CC)		Supernatural (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Gabon (N) (CC)		CSI: Crime Scene Invstgtn.		(:01) Eleventh Hour "Surge"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	Kath & Kim	The Office (N)	(:31) 30 Rock	ER "Age of Innocence" (N)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Real Est	Love It-List It
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty (N) (CC)		Grey's Anatomy (N) (CC)		(:01) Life on Mars (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Hoodlum ★★ (1997) Laurence Fishburne, Tim Roth.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Rick Steves' European Christmas (CC)				Steves Europe	(:40) Rick Steves' Europe		Steves Europe	Berlin-Concert
	290	382	28 FOX	Two/Half Men	Two/Half Men	Kitchen Nightmares (N) (CC)		Kitchen Nightmares (CC)		News (N) (CC)		Family Guy
	-	364	43 PBS	Spain ... On the Road Again		Red Green	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Hometime
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	65 TLA	Two/Half Men	Two/Half Men	Smallville "Bride" (N) (CC)		Supernatural (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	67 WPX	CW11 News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) Life on Mars (CC)		Late Late Show	
news	502	390	26 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National		The Nature of Things (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	NHL Hockey	Canucks	Hockey	UFC: Access	The Ultimate Fighter		Sportsnet Connected (Live)		Junior Hockey
	400	400	30 TSN	NFL Football		SportsCentre (Live) (CC)		E:60 (N) (CC)		Poker Night (Taped)		SportsCentre
	411	457	49 OLN	Pilot Guides Specials (CC)		Pilot Guides (CC)		Don't Forget Your Passport		Commando: On the Front Line		Survivorman
	410	403	54 SCR	Football	Score Tonight	Score Tonight		Final Score	Final Score	Sports Rage		Final Score
	417	406	55 SC	Wrecked	Wrecked	Pinks	Pass Time	Pinks -- All Out		Pinks -- All Out		Wrecked
	416	409	144 GLF	Fútbol Español		Gol TV News		Extra Time		Gol TV News		Extra Time
family	552	543	25 YTV	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50 TEL	George	Bugs Bunny & Tweety Show		Wayside	Johnny Test	Futurama	The Critic	Chicken	Code
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Leading Edge	Big Ideas	Hemingway Adventure (CC)		Art of the Heist (N) (CC)		Sketches of Frank Gehry ★★★ (2005)		
	575	583	20 CMT	Hope & Faith	Hope & Faith	Reunion	Home	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	50 Cent: Money and Power		Muchmusic Countdown (CC)			Pimp My Ride	MuchVibe (CC)		Spotlight
	600	564	29 H&G	Home to Flip	Real Renos	Holmes on Homes (CC)		The Fix (CC)	Disaster DIY	Home to Flip	Real Renos	Holmes
	615	520	31 A&E	The First 48 (CC)		Crime 360 (CC)		The First 48 "Memphis"		The First 48 "Blindsided"		The First 48
	628	584	32 SPKE	(6:00) TNA iMPACT! (N) (CC)		CSI: Crime Scene Invstgtn.		Disorderly Conduct: Video		Married... With	Married... With	Disorderly
	521	560	34 TLC	LA Ink "Kim's Big Deal" (N)		American Chopper (CC)		LA Ink "Kim's Big Deal"		American Chopper (CC)		Overhaulin'
	616	522	39 SHO	Painkiller Jane (CC)		ReGenesis (CC)		Trailer Park	Trailer Park	Saving Grace (CC)		House (CC)
	620	523	40 BVO	(6:00) Intern Academy ★		Law & Order "Merger" (CC)		Without a Trace "The Source"		Just Looking ★★ (1999) Ryan Merriman.		
	601	562	41 SLC	The Biggest Loser (CC)		Rich Bride, Poor Bride (CC)		X-Weighted "Debbi" (CC)		The Biggest Loser (CC)		Trading Sp
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		Monster Moves "Long Loads"		Ten Commandments of the Mafia (CC)		
	522	506	44 HIS	NCIS "Witness" (CC)		Lost Worlds (CC)		Finding the Fallen (CC)		NCIS "Witness" (CC)		Crime Stories
	627	528	45 SPC	Chuck (N) (CC)		Stargate SG-1 A virus. (CC)		Lost "S.O.S." (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	47 TBS	The Truman Show ★★★ (1998) Jim Carrey. (CC)				Sex and-City	Sex and-City	(:10) The Truman Show ★★★ (1998) (CC)		
	619	525	48 TROP	Beverly Hills, 90210 (CC)		Make	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	52 FN	Jamie's Kitchen Australia (N)		Restaurant Makeover (CC)		Challenge "Dr. Seuss Cakes"		Unwrapped	Secret Life of	Jamie
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Choc. News	Daily Show
	320	621	60 CEN	The Great Debaters ★★★ (2007) Denzel Washington. (CC)				(:15) Untraceable ★★ (2008) Diane Lane, Billy Burke. (CC)				Boy Girl
	581	566	101 MTV	Exiled Mongolian countryside.		MTV Live	After	Man and Wife	The Hills	Exiled (CC)	MTV Cribs	MTV Live
	261	394	102 V	(6:00) Join Us (N)		American Experience (CC) (DVS)				Wait for God	Keeping Up	Paid Program
	-	-	109 MUL	Matchmaker	Mom's-Upset	Vancouver	Kirdaar	Dheeyan Ghar	Sadabahar	Desi-Mama	Desi Rhythms	Patrol World

critics'corner

South Park
The fate of the world lies in the hands of Cartman's ultracool binder. But this is no ordinary school tool. Oh, no. The "Trapper Keeper" is really a superbeing bent on world domination. And as usual, it's up to Stan, Kyle, Kenny and, perhaps Cartman — if he can only bear to give up his beloved notebook — to help save the day. 9:30 PM on COM

My Name Is Earl
A series of tornadoes hitting Camden County isn't Earl's (Jason Lee) biggest concern when he loses his list. Meanwhile, a wild boat ride convinces Randy (Ethan Suplee) that he is invincible, leaving him to ponder how best to use his newfound power. Elsewhere, Joy and Darnell (Jaime Pressly, Eddie Steeples) argue over who is the smart one in the relationship, and Catalina and Patty (Nadine Velazquez, Dale Dickey) have a religious awakening. 8 PM on JOY NBC



Silverstone pens a book

Actress Alicia Silverstone has turned her hand to writing — she has penned a book on vegan dieting titled The Kind Diet. It's due out next year. **IMDB.COM**

Celebrity Buzz

Spears' 'mistake' marriage

MARRIAGE Britney Spears says marrying Kevin Federline was a mistake, femalefirst.co.uk reports.

The singer, who has two sons, three-year-old Sean Preston and two-year-old Jayden James, with Federline, wishes she had never walked down the aisle with the former backing dancer.

"I think I married for the wrong reasons. Instead of following my heart and doing what made me really happy, I just did it for the sake of the idea of everything," Spears said in a promo for her new TV documentary Britney: For the Record.

Spears also revealed the divorce has influenced her music.

"Your music is a reflection of what you're going through," Spears added.

Spears and Federline married in September 2004 and split in summer 2006. Their divorce was finalized in July 2007.

METRO NEWS SERVICES

Mills turns tables on tabloids

CELEBRITY Sir Paul McCartney's ex-wife Heather Mills has made complaints against three U.K. national newspapers for inaccurate reporting, invasion of privacy and harassment, imdb.com reports.

Mills was criticized in the press for her conduct during her divorce from the former Beatle, in which she won a settlement of $38 million US.

The former model has now asked the U.K. media's governing body, the Press Complaints Commission, to investigate the Daily Express, Daily Mail and Britain's The Sun over stories the newspapers have published about her.

It will investigate her claims and the newspapers could face a reprimand if the allegations are proved.

METRO NEWS SERVICES

Love dismisses concerns she's suicidal

HEALTH Courtney Love has denied she is suicidal, femalefirst.co.uk reports.

The former Hole singer, sparking fears over the weekend after she flooded her MySpace blog with more than 60 entries, admits she occasionally gets depressed. "I don't ingest alcohol and to even make the merest suggestion of a crack pipe is insane and mean and a lie, which you know perfectly well," she wrote.

METRO NEWS SERVICES

Cyrus careful with company

TRUST As she approaches her 16th birthday, Miley Cyrus says she is learning to keep her guard up, People.com reports.

"I think you have to be really careful about the people you trust," the Hannah Montana star, who turns 16 on Sunday, tells Ellen DeGeneres in an interview. "There (are) very few, two or three people that I would actually go to with anything and know that it would never leave the room," she says. "Two of those are my parents."

And the other person in Cyrus's inner circle? Boyfriend Justin Gaston, 20. Giggling in her Ellen interview, Cyrus says the two have been dating for "a couple months."

She adds: "He's a singer, he's really cute, and he's nice and he's a Christian and I really like that."

METRO NEWS SERVICES

Duff wants more TV guest work

CAREER Hilary Duff is begging TV bosses to give her roles in hit shows The Office and 30 Rock, after signing a deal with the network behind them, imdb.com reports.

Duff recently signed a new one-year contract with NBC, which will result in her fronting a new show.

The deal will also lead to Duff making appearances in other programs the network broadcasts. And she has already registered her preference.

When it comes to her own show, the former Lizzie McGuire star wants to come up with something new and refreshing.

"I would like to do something funny ... or I would like to kick ass or something," the 21-year-old tells MTV News.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Jackman named Sexiest Man Alive

CELEBRITY Actor Hugh Jackman has been named People magazine's Sexiest Man Alive. After pouring over a list of eligible, high-profile film stars, musicians and athletes, editors at the magazine named the 40-year-old its No. 1 of 2008.

Jackman succeeds last year's top man, actor Matt Damon. Meanwhile, Jackman has responded modestly to news of his sexy status: "My wife (Deborra-Lee Furness) said, 'I could have told them that two years ago,' Then she said, 'Obviously Brad Pitt wasn't available this year.'"

METRO NEWS SERVICES

Scarlett Johansson's bathroom shocker

CELEBRITY Actress Scarlett Johansson is still shocked over the vulgar remarks Lindsay Lohan allegedly scribbled about her on a New York City bathroom stall because she barely knows her, imdb.com reports.

The actress reportedly wrote "Scarlett is a bloody c—" with permanent marker before making her exit during a night out in 2006.

Johansson is still baffled by the graffiti, since the two actresses have only met a handful of times. "I don't know what the motivation was," she tells Allure magazine.

METRO NEWS SERVICES

HELLO!

Hot shot of the week

JENNIFER TZARAS/FITTWERK

Sarah McLachlan, 40, now separated from her husband of 11 years, Ashwin Sood, has worked through her pain with two new, personal songs on her greatest-hits album, Closer. The Vancouver-based singer-songwriter says she's in a good place. "I've lived my life very instinctively and it's worked out pretty well up to this point," she tells HELLO! Canada.

HELLO! CANADA magazine, now available on newsstands – read more at hellomagazine.ca

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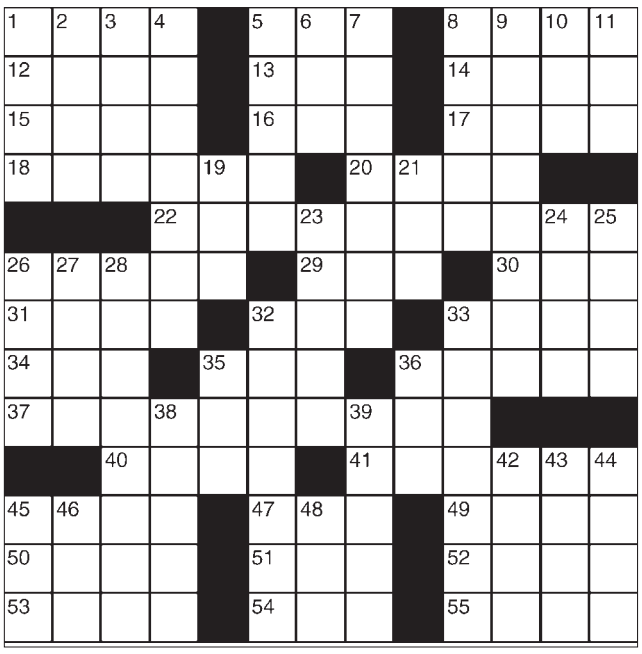
Take Five



Crossword across

1 Baby bed
5 Ostrich's cousin
8 Unwanted e-mail
12 Staffer
13 Operated
14 Spelunkers' place
15 Yuletide rendition
16 Joan of —
17 On in years
18 Plays for time
20 Domesticate
22 Average guy
26 Take five
29 "The Gold Bug" author
30 Convent denizen
31 Actor Sharif
32 Lair
33 "Beetle Bailey" dog
34 Writer Tan
35 Shell game item
36 Beginning
37 Average address
40 Bleak, as literature
41 Impudent
45 Building block name
47 Chances, for short
49 Regulation
50 Piece of work
51 Rage
52 Sorts
53 Use a paper towel
54 Heavy weight
55 Evict

Crossword down

1 Supermarket stack
2 Laugh-a-minute sort
3 Concept
4 Sylvia Plath work, with "The"
5 Obliterate
6 Scratch
7 Anointing ritual
8 Rascally one
9 Exhibitions
10 "Hail, Caesar!"
11 Not sml. or lge.
19 Bagel topper
21 Pink-slip
23 Lance
24 Just adorable
25 Entanglement
26 Leave your cell area
27 Jane Austen heroine
28 Storing
32 Motown
33 Easternmost Great Lake
35 Omega preceder
36 "— the ramparts ..."
38 Lariat feature
39 Jed Clampett portrayer
42 Bantu speaker
43 Benevolent order
44 Egg container
45 Depressed
46 Beside (Pref.)
48 Paid player

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	4		9		6		5	
			5		3			
1		5				3		7
		8	2		5	9		
2								5
		3	4		9	1		
6		7				2		8
			6		2			
	2		7		8		6	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

1	9	4	2	6	5	8	3	7
3	6	2	4	7	8	1	9	5
8	7	5	1	9	3	6	2	4
5	1	8	3	2	7	4	6	9
9	3	6	5	1	4	2	7	8
2	4	7	9	8	6	5	1	3
7	5	3	6	4	2	9	8	1
6	8	9	7	5	1	3	4	2
4	2	1	8	3	9	7	5	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Greek Lamb and Eggplant Bake

INGREDIENTS:
14 oz (400 g) lean minced lamb
1 onion, finely chopped
3 garlic cloves, crushed
1 eggplant, cut into 1 cm cubes
200 ml vegetable stock
2 x 400 g tins chopped tomatoes
1/4 cup (50 mL) chopped fresh mint
1/4 cup (50 mL) chopped fresh dill (optional)
Salt and freshly ground black pepper
11 oz (350 g) risoni or orzo
1 1/4 cup (300mL) plain low-fat yogurt
1 large egg

METHOD:
1. Brown lamb in a large frying pan over moderate heat. Add onion and garlic and cook for 5 minutes, stirring often, until onion is soft. Add eggplant and stock and cook, stirring, for 5 minutes, until eggplant is tender.
2. Stir in tomatoes and half the herbs. Season with salt and pepper and bring to a boil. Reduce and simmer, covered, for 20 minutes, or until lamb is tender.
3. Meanwhile, cook risoni or orzo according to packet instructions, until al dente. Drain. Preheat oven to 180°C.
4. Beat together yogurt and egg in a small bowl.
5. Stir drained pasta into lamb mixture, then spoon into a large baking dish, measuring about 7 in. x 11 in. (18 x 28 cm). Spread yogurt mixture over top and bake for about 20 minutes until piping hot. Sprinkle with remaining mint and dill just before serving.

SERVES 6

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Your reputation is on the line. Don't fall for a fake persona. A friend is playing against time.

TAURUS
APRIL 21-MAY 21
A family member is willing to share knowledge. Grand gestures won't impress you. Time will provide the truth about silly complaints.

GEMINI
MAY 22-JUNE 21
Forced obedience causes a slow burn. Irrelevant amusement begins to get boring. A compromising friend wants to talk too much again.

CANCER
JUNE 22-JULY 22
The manipulation of friends begins to rankle. Discourage someone's kleptomania. Create new opportunities for a family member.

LEO
JULY 23-AUG 23
Outrageous things will happen. Expending too much effort brings no reward. Communicate the importance of giving and receiving love.

VIRGO
AUG 24-SEPT 22
A family provides shelter and protection. Persuade someone to do the right thing. A situation improves when you speak your mind.

LIBRA
SEPT 23-OCT 23
A compulsion to win helps you to manipulate your resources. Naughtiness makes you grit your teeth. Assert yourself to ensure co-operation.

SCORPIO
OCT 24-NOV 22
Refuse to be disheartened. A woman calls your name to play a game. Someone's relief is plain enough for everybody to see.

SAGITTARIUS
NOV 23-DEC 21
A wonderful woman releases you from inhibitions. Avoid using mind-altering substances. An extreme reaction will baffle a lazy creature.

CAPRICORN
DEC 22-JAN 20
You'll find satisfaction in caring for the hopeless. Try to ignore it when someone gets away with a crime. Pay attention to mischief-makers.

AQUARIUS
JAN 21-FEB 18
A love affair makes your head spin. Stand firm when exposed to fine feelings. A bashful buddy wants to help but fears rejection.

PISCES
FEB 19-MARCH 20
Have your sewing tools and first aid kit handy for emergencies. Be ready for a few surprises. A comforting treat will be provided.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. David Letterman's Top Ten essence (1)
2. Film spool bargain (1)
3. Fast magician's stunt (1)
4. Hired thug's soup utensils (1)
5. More distinguished rink user (2)
6. "Peanuts" boy's nasal passages (3)
7. Prohibiting "Hello, Dolly!" star Carol (2)

ANSWERS
1. LIST GIST 2. REEL DEAL 3. QUICK TRICK 4. GOONS SPOONS 5. GREATER SKATER 6. LINUSS SINUSES 7. BANNING CHANNING

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so your HAIR is THINNING

BIOTHERA CLINICS

LASER CLINIC OFFERS NEW HOPE FOR HAIR LOSS

Vancouver (Special)
A thinning head of hair or receding hairline is no stranger to many people, but it's not something you necessarily have to befriend.
There are new and innovative solutions to hair loss that will not only thicken the hair on your head but also boost your confidence and therefore improve your life.

Richard Armstrong, a consultant with Biothera Laser Clinics, started out as a client in Biothera's Vancouver, BC clinic several years ago and was so happy with his results he decided to get involved with the company.
"It's really quite amazing just how far technology has come. Most countries now approve of cold lasers as an effective treatment for hair loss" says Armstrong.
"We are utilizing the very latest in laser technology. Our clinical lasers use cold blue diodes specifically designed to treat hair loss. This state of the art process is patented and results are quite dramatic for most people" added Armstrong.

Not all people are candidates for the laser treatment however, and Armstrong says a simple consultation will determine a person's level of eligibility. Results are documented with photographs and clients should see visible changes within 3 or 4 months.
"We must be doing something right because 30 to 40% of our business comes from referrals" says Armstrong.
Although the majority of Biothera's clients are men, there is an increasing percentage of new clients that are female. "The treatment is equally effective for both men and women" says Armstrong.
What about price…something this good must be expensive.
"Laser treatment for hair loss is surprisingly affordable given the alternatives and we back your results with a written guarantee" says Armstrong.
Biothera Laser Clinics have two locations in the lower mainland.

To find out more information log on to Biothera.ca or, better still, to book an appointment for a no charge consultation call the Vancouver Clinic at (604) 675-2030 or the Langley Clinic at (604) 455-2030.

Consultations are NO CHARGE

GET TO THE ROOT OF YOUR

HAIR LOSS

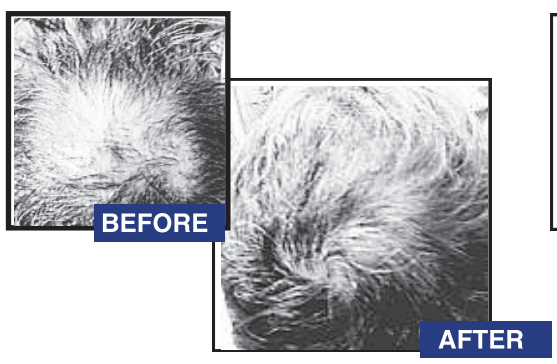
With Biothera's Laser Hair Therapy Program (LHT)

WHAT IS LHT?

Biothera's LHT program utalizes the very latest in patented cold laser technology to treat hair loss. Most clients would begin with a once weekly clinical laser session that takes approximately 20 minutes.
A portable home laser is also available for those not able to attend the clinic on a weekly basis.

WILL IT WORK FOR ME?

Call us today for more information or to book an appointment for a no-charge consultation with no obligation. If it is determined that you are a good candidate for LHT™, Biothera will guarantee your results.



COLD LASER TECHNOLOGY FOR HAIR LOSS IS RECOGNIZED AS BOTH SAFE AND EFFECTIVE BY THE FDA

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